

1-15-1998

## Casco Bay Weekly : 15 January 1998

Follow this and additional works at: [http://digitalcommons.portlandlibrary.com/cbw\\_1998](http://digitalcommons.portlandlibrary.com/cbw_1998)

---

### Recommended Citation for This Issue

"Casco Bay Weekly : 15 January 1998" (1998). *Casco Bay Weekly (1998)*. Book 4.  
[http://digitalcommons.portlandlibrary.com/cbw\\_1998/4](http://digitalcommons.portlandlibrary.com/cbw_1998/4)

This Newspaper is brought to you for free and open access by the Casco Bay Weekly at Portland Public Library Digital Commons. It has been accepted for inclusion in Casco Bay Weekly (1998) by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact [campbell@portland.lib.me.us](mailto:campbell@portland.lib.me.us).



JAN. 15, 1998

JANUARY 15, 1998 ■ VOL X, NO 3 ■ GREATER PORTLAND'S WEEKLY JOURNAL OF NEWS, ARTS AND OPINION ■ FREE

Needle work 8

Political absurdities 20

Casco Bay  
Weekly

Molière duet 35

Vote in Best of Portland 19



Sam Carlo, a junior at Portland High School, is talking with the school's principal about improvements in the way non-English speakers are taught.

LANGUAGE  
of  
Discontent

Immigrant students say Portland High School doesn't speak their language. And the NAACP is threatening a lawsuit.

PHOTO/SHOSHANNAH WHITE



## LANGUAGE COURSES

1998 might be the year to take on a new and exciting hobby: Learn another language!

• Group classes and private tutoring in French, German, Italian, Japanese, Polish, Portuguese, Russian, Spanish

• Workshops: weekend immersion programs; Pronunciation, grammar, translation, business French & Spanish seminars

• Ethnic social events: Kaffeestunde, Potluck, Slide Shows

CALL for our New Brochure (207) 772-0405

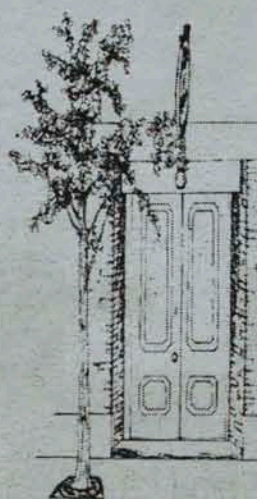
Don't miss our Open House January 22

Classes start 1/26

The Language Exchange, Inc.  
PO Box 4833-398 Fore St. - Portland



Our racks and shelves are overflowing with merchandise from Ogunquit and Kennebunkport. Bring in this ad for an **EXTRA 10% OFF\*** merchandise already marked down.



10-6 daily

\*expires Feb. 28, 1998 \*excludes accessories

414 Fore St., Portland  
207-879-6306

We don't mean to brag,  
but, ahem...

# Stone Coast

Winners of 1997's Casco Bay Weekly Readers Poll

Best Free Happy Hour Eats!

# Stone Coast

Winners of 1997's Casco Bay Weekly Readers Poll

Best Live Music Venue!

# Stone Coast

<p>Nick Danger the Sideburners Free Show!! Fri. Jan. 16</p>	<p>Sat. Jan. 17 Boogie Knights 18+ Sun. Jan. 18</p>	<p>Thurs. Jan. 22 SUGAR HILL GANG W/GRANDMASTER MELLE MEL 18+</p>
---	---	---

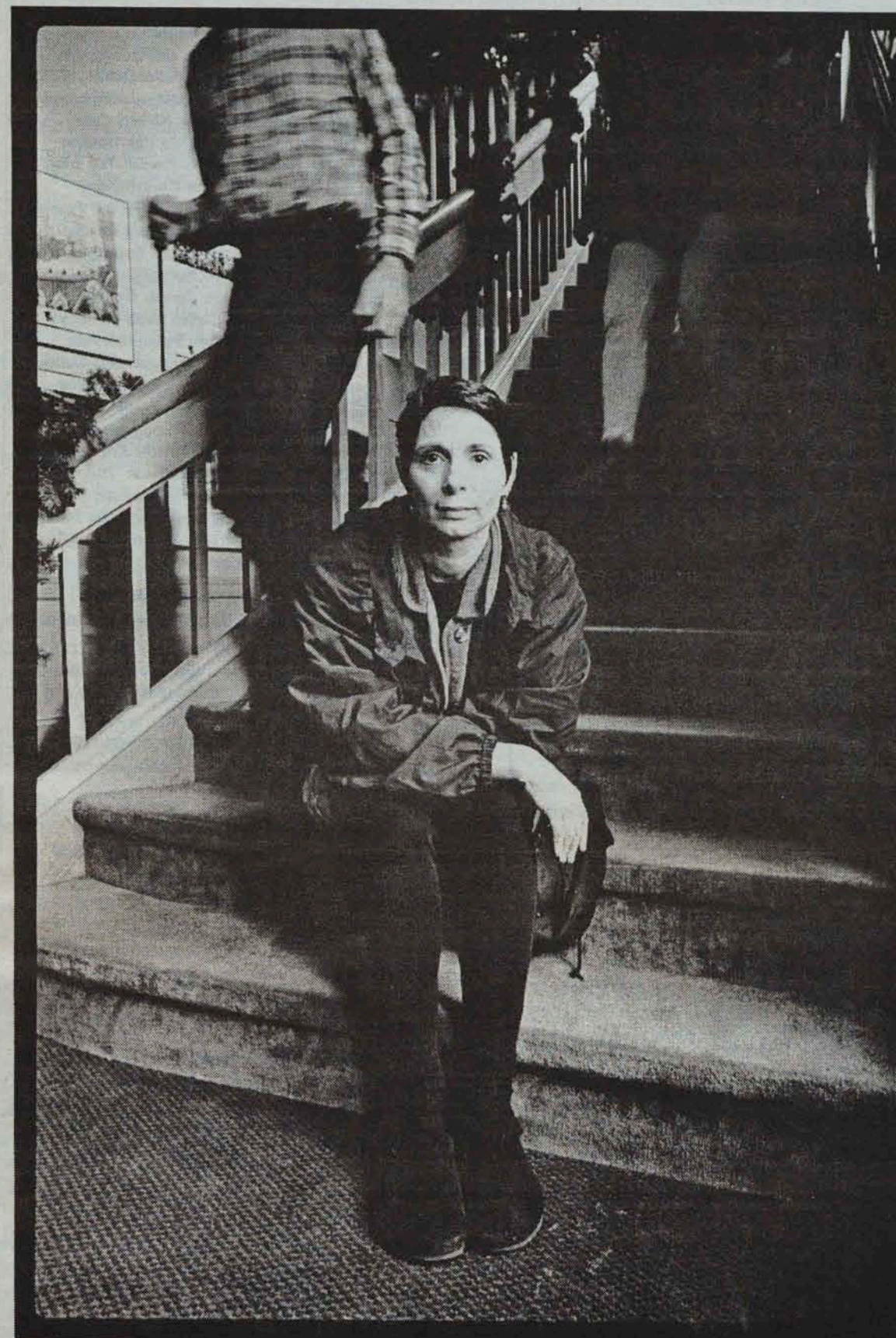
<p><b>\$1</b> Home of the \$1 Night Tuesdays \$1 drafts/\$1 cover</p>	<p>Home of Free Fridays Friday nights-No Cover <b>FREE!</b></p>
---	---

773-BEER

# Stone Coast

14 York St.

## TALK A CONVERSATION WITH LIBBY ZERNER



**"To whom much is given, much is expected." So you give back in hours what you're getting."**

Libby Zerner, 50, is the kind of volunteer who keeps arts organizations going. At Portland Stage Company, she has given her time to costume work, backstage help, picking up actors at the airport, taking them on Freeport shopping trips, fundraising, organizing lunchtime lecture series, and just about anything else you can think of.

confused." At the end of the show, they all knew exactly what had happened. Because theater is so language-based, I felt that there were some things that couldn't be overcome. But in fact, they can. It was so moving to me and seemed so important that I thought, 'I really want to make sure this keeps happening here.'

**How long have you been at Portland Stage?**

Since the Flood. I got involved back in about '78, 'cause I was at that point responsible for helping to entertain some young executives who were on an exchange program.

So Portland Stage, then the Profile Theater, was doing a show called 'Jesse and the Bandit Queen,' and I said, 'Americana, what could be more perfect?' Some of these people spoke quite good English, others were not quite as fluent. But I thought, 'Well, it's about cowboys, so ...' But the show was actually a very complicated psychological study, it was really sort of about men and women and power, and at some point they changed characters, he became her and she became him. And I'm sitting here watching this thing, thinking, 'These people are gonna be so

**Do you mind my asking how you have so much time to volunteer?**

Well, I have a husband who had a good ... it's part of the way I grew up. My mother always did this kind of work, and it was always sort of, this community has given a lot to our family, and it's part of the responsibility.

**There are a range of needs out there. Why did you choose arts?**

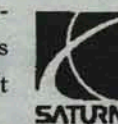
Well, I tutored kids at the hospital with long-term illnesses, and ran the Junior League thrift shop ... I think people's heart draws them one way or the other, and I think you have to do what you will love, whether it's volunteering or whether it's your work. So ... it's not that I haven't done that kind of volunteer work, but I thought that this was the best place for me to contribute.

Interview by Jonathan Adams; photo by Colin Malakie

We still think \$11,000 is  
a lot of money.



When we started Saturn, we had the opportunity to start from scratch. Which explains why even our SL is packed with so much new thinking and technology — like a reinforced steel spaceframe structure with crumple zones, dent-resistant doors and a powertrain that incorporates fifty-five patents. You know, stuff you wouldn't expect to find in a car costing around \$11,000.



**[\$11,035]** That's the M.S.R.P. of this 1998 Saturn SL, including retailer prep and transportation. Of course, total cost will vary seeing how other options and state-required equipment are extra, as are things like tax and license.

A DIFFERENT KIND of COMPANY. A DIFFERENT KIND of CAR.

SATURN of  
WESTBROOK  
Larrabee Road  
Exit 8, ME  
Turnpike  
856-2400  
800-655-7295

SATURN of  
BRUNSWICK  
Route One  
118 Pleasant  
Street  
721-8300  
800-721-8301





## FULL SERVICE SKI & SNOWBOARD SHOP

- Snowboard Base Edge Beveling
- Binding Adjustment
- Hot Waxes
- P-Tex (base) Repair

**PLAY IT AGAIN SPORTS**

315 MARGINAL WAY PORTLAND 773-6063

**BROWN**  
GOLDSMITHS

You'd go to the ends of the earth for her.  
Fortunately, Freeport's on the way.



Our Freeport studio is one of the few places on the planet where you'll find jewelry befitting your one true love. Lucky we're close by.

Shown is our floating diamond pendant, with elegant 14K or 18K gold chain, designed with your own diamond or ours. **Forever begins in Freeport.**

One Mechanic Street, Freeport, Maine • 865-4126 • 1-800-753-4465

We Maintain Lease Cars

## DUVAL'S SERVICE CENTER

Complete Automotive Repairs

Thank You, Portland for voting us "MOST HONEST GARAGE"

**Duval's Service Center**

**WINTER SPECIAL**

**\$21.95**

**A \$65 value**

- Lube-Oil-Filter Change
- Inspect Entire Brake System
- Inspect Steering, Suspension
- Perform Complete 22 Point Safety Inspection

Present coupon for special price exp. 2-28-98

551 COTTAGE RD. S. PORTLAND, ME 799-7314

We use AC Delco Parts

www.cascobayweekly.com

## Casco Bay Weekly

Editor & Publisher: Sarah Goodyear Deputy Assistant Chief Sub-Editor: Al Diamon  
Reporters: Sharon Bass, Laura Conway  
Assistant Editor, Arts & Features: Zolt S. Miller Dostoyevski's Hat: Allen Dammann  
Photojournalists: Toney Harbert, Colin Malakie, Shoshannah White Illustrators: Patrick Corrigan, Rebecca Kendall Top Dog: Harry Brewster  
Regular Contributors: J. Barry Mothes, Elizabeth Peavey, Jim Pinfold, Annie Seikonia, Dan Short, Mary Stammatel  
Art Director: Joanna Amato Assistant Art Director: Mark Knott Senior Graphic Designer: Charmaine Daniels Graphic Designers: Jeffrey Clifford Web Monkey: Mark Knott Associate Publisher: Julie Watson  
Circulation Manager: Greg Gallant Accounting Manager: Diana Combellick Receptionist: Dianne Davis VP of Sales and Marketing: Carey Watson Senior Advertising Representative: Kelly Armstrong  
Advertising Representatives: Tammy Duffy, Scott Keyser, Heather Harriger, David Joughin Classified Manager: Joline Hachey  
Classified Sales: Marc Shepard Classified Assistant: John Nunan

Who we are and where to find us  
Every Thursday 30,000 copies of CBW are distributed free throughout Greater Portland. Look for CBW at outlets from Brunswick to Windham to Biddeford and at selected York County locations. For information about display advertising, call 775-6601. For information about classified advertising, call 775-1234.

Where else to find us  
Casco Bay Weekly is also on the World Wide Web. Feature articles, columns, CBW's calendar of events and an archive of past CBW stories (with full-text search) are available free to anyone worldwide with a Web browser. For information on advertising on CBW's website, call 775-6601. <http://www.cascobayweekly.com>

Some of what the Production Department listened to while getting this week's paper out:  
Sade, "Love Deluxe" • "A Classy Pair: Ella Fitzgerald Sings, Count Basie Plays" • Charlie Parker, "Jazz Masters 15" • Brand New Heavies, "Shelter"



Casco Bay Weekly is published every Thursday by Maine Publishing Corp., 561 Congress St., Portland, ME 04101. Subscriptions available for \$49 per year. \$29 for half-year subscriptions. Periodicals postage pending at Portland, ME and additional entry offices. Send address change to 561 Congress St., Portland, ME 04101.

Casco Bay Weekly  
561 Congress St.  
Portland, ME 04101

Phone • 775-6601  
Fax • 775-1615  
E-mail:  
editor@cbw.maine.com

Entire contents © Maine Publishing Corp.

## Traveling without moving

"Want to know what's got me stewing?" e-mailed reader Tom Leonard. "Your ignorant whiney [sic] view of ... politics. Its [sic] apathetic views like yours that have enabled the political mess the country now faces."

"Perhaps your (currently useless) time would be better spent in helping to educate the public ... as to how they can overcome our less than envious [sic] political direction ... [W]hat do you want, Al? Do you have the chutzpah to share a passionate belief or desire for how our city, state, country, etc. could benefit by plugging themselves in to [sic] how their involvement in the voting process could possibly start to effect positive change?"

Tom's question is undoubtedly well-intentioned, and deserves — along with a remedial course in English composition — a serious answer. Based on other comments I've received, it also reflects what appears to be a widespread belief among my readership that I don't care about anything that doesn't contain alcohol or cholesterol. Of course, most members of the Legislature contain both.

But back to Tom's inquiry concerning my passionate beliefs. Politics, I passionately believe, is the process by which we attempt to balance individual rights (to speak freely, bear arms, get our tongues pierced) with societal needs (to avoid anarchy, control crime, defend ourselves against hostile foreign powers, such as the Spice Girls). The United States, through the enlightened use of representative democracy, has come closer than any society in history to achieving a reasonable equilibrium between the two. We've preserved a high degree of societal stability, while allowing an unprecedented level of personal liberty.

That's not to say this process doesn't sometimes result in policies that work better in theory (there'll be plenty of money to pay for Social Security) than in practice (except when you get around to retiring). It's also true the system operates better for some (white males) than for others (Green Party members). But in attempting to correct those foibles and inequities, we have to avoid resorting to wholesale restructuring (federal control of health care, laws requiring smoke-free bars, CarTest), when all that's necessary is minor tweaking (vote the jerks out of office).

For instance, racism, sexism, homophobia and religious intolerance are all grave threats to individual freedom and the social structure. Outlawing discrimination makes sense (which is why I'm voting for the state's gay rights law on Feb. 10), but that hardly justifies a massive federal affirmative action bureaucracy that accomplishes little more than providing ammunition for the mouth-frothing of militia nut cases.

It's not just liberals who don't get it. Conservatives want to take away a woman's right to control her own body. If a constitutional amendment outlawing abortion passed, it would reduce individual liberty, while destabilizing society by creating an underground medical industry. If, instead, we put our efforts into providing sex education and birth control, we'd all be freer and safer.

Then there's campaign finance reform. Most proposals call for restrictions on

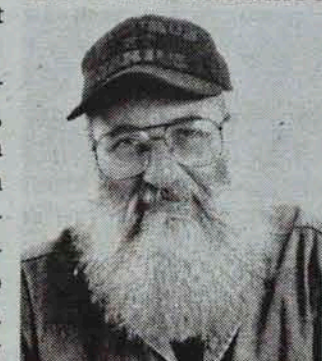
who can give what to whom, in a vain attempt to keep people with money from buying influence. This results in a policy that encourages the rich to bribe politicians in secret. It would be more productive to lift all limits on contributions and impose strict reporting requirements on candidates, committees and political parties. That wouldn't stop sleazy money, but it would let voters know where it was going, allowing them to take appropriate action at the ballot box. Net result: more liberty and more stability.

Finally, there's the matter of choosing our next governor. How, my critics wail, can I be so negative toward not only the incumbent, but all his potential challengers as well? Doesn't that smack of cynicism and encourage apathy? It probably would, if it made any difference who the next governor will be. But the state has already survived the indecisiveness of Joe Brennan, the incompetence of John McKernan and the inconsequentiality of Angus King, so the only real concern is that, for purposes of social stability, we manage to find somebody to fill the office. For purposes of personal liberty, it would be helpful if the Legislature were composed of folks intent on making sure the governor doesn't accomplish much.

We've got to avoid overreacting every time we're confronted with a new problem. Porn on the Internet doesn't justify restricting free speech. The acceptability of divorce doesn't call for making it harder to get one. Just because voters decide to keep electing the same idiot to office doesn't mean we need term limits. Of course, successful societies and free individuals have to adapt to keep pace with advances in technology, shifts in the social environment and the latest creations of mischief-makers. But those alterations should never be more extensive than necessary. The best philosophy is to regard change as, at best, distasteful, and at worst, disastrous.

Like Tom Leonard, you too can be held up to public ridicule. Write this column, care of CBW, 561 Congress St., Portland, ME 04101, or e-mail [ishmaelia@gwi.net](mailto:ishmaelia@gwi.net) to receive your abuse.

## politics and other mistakes



■ AL DIAMON

## T.O.N.Y. BALONEY

BRICK OVEN PIZZA • HEROS • ANTIPASTI

40 Wharf St. • Portland, Maine

Free Delivery 11 a.m. to 11 p.m. 7 days/week

Totally New

**Chick Caesar Panini** - golden chicken tenders, reggiano parmesan, anchovies, Romaine Caesar dressing ..... 6.95  
**Bistecca Formaggio** - T.O.N.Y.'s version of the classic cheese steak made with shave tenderloin of beef, sautéed onions, peppers, mushrooms and aromatic sharp provolone ..... 6.95  
**Veal Pastrami** - T.O.N.Y.'s smoked lean veal sliced thin with Swiss cheese and hot mustard ..... 7.95  
**Rotisserie Tuna Fish** - fresh chunks slow roasted tuna, celery and red onion tossed in T.O.N.Y.'s special mayo ..... 7.95  
**Franco Footer** - T.O.N.Y.'s homemade smoke-house hot dog on crusty Italian roll ..... 4.95  
with cheese and pancetta (Italian bacon) add ..... 1.50

## The Real Italian Sandwiches

**Vespucci** - classic italo-american submarine sandwich with organic lettuce, Genoa salami, sopressata, coppa, aromatic provolone, Rome tomato, onions, green garlic, tomatoes & extra virgin olive oil ..... 4.95  
**American Chicko** - rotisserie chicken, eggplant caponata with Roasted Peppers ..... 4.95  
**Pollo Club** - rotisserie chicken, Italian bacon (pancetta) with lettuce, tomato & mayo ..... 5.95  
**Porky Porchetta** - rotisserie pork roast with Marinated eggplant & roasted peppers ..... 4.95  
**Michangelo** - thin sliced prosciutto, fresh mozzarella, basil & extra virgin olive oil ..... 6.95  
**Pollo Parmigiana** - golden fried chicken, fresh san marzano, marinara sauce, mozzarella cheese, baked in brick oven ..... 5.95  
**Meatball Parmigiana** - homemade meatballs, fresh san marzano marinara sauce, mozzarella cheese, baked in brick oven ..... 5.95

## Vegetarian Heroes

**Marcella Bella** - fresh mozzarella cheese, eggplant caponata, marinated roma tomato, green garlic tomatoes, fresh basil & extra virgin olive oil ..... 5.95  
**Primavera** - vegetable organic greens, fresh mushrooms, aromatic provolone, Calamata olives, roasted peppers, sweet relish & raspberry hazelnut vinaigrette ..... 5.95  
**Melanzana** - classic eggplant parmesan with mozzarella, tempura eggplant, san marzano marinara sauce, baked in brick oven ..... 4.95  
**Olivada** - T.O.N.Y.'s homemade cheese spread with sliced Swiss cheese, Spanish olives, Calamata olives, roasted peppers & hot cherry peppers ..... 6.95  
**Chips** - Sour Cream • Onion, Plain, Lowfat Barbecue • Lowfat, Plain 1.00

## Salads

**Greek Salad** - organic greens with Bulgarian feta cheese & Greek salad dressing ..... 6.95  
**Green Monster** - organic greens, with tomatoes, cucumbers & red onions ..... 3.95  
**Caesar** - romaine lettuce, Reggiano parmesan and tangy Caesar dressing ..... 4.95  
With chicken ..... 6.95  
Dressings • Caesar • Italian • poppyseed • honey Dijon • parmesan peppercorn • low-fat ranch • low-fat Italian

## Classic Homestyle Desserts

Classic Brownie 1.40 Tiramisu 4.95  
Chocolate Chip Cookie 1.40 Cannoli 2.95  
Milky Way Lite 1.00

**\$3 OFF**  
any two hero subs  
Must present coupon • Expires 2.14.98

**T.O.N.Y. BALONEY**

BRICK OVEN PIZZA • HEROS • ANTIPASTI

40 Wharf St. • Across from G'Vanni's

838-1910 • 773-TOGO • 773-8646

Must present coupon • Expires 2.14.98

## Dining In Makes Sense

## Get It To Go

773 • TO GO (773-8646)

FREE DELIVERY ON ORDERS OF \$15.00 OR MORE.

\$5 Charge on orders under \$15.00

**Roman Style Pizza**

T.O.N.Y. Baloney - classic cheese, pepperoni & fresh basil

Personal 12" 8.95 Family 16" 13.95 Party 20" 15.95

**Classic Margherita Cheese** - with fresh basil

Personal 12" 7.95 Family 16" 11.95 Party 20" 17.95

**"The Original"** from Naples, Italy - scamorza cheese, san marzano tomato sauce & fresh basil

Personal 12" 7.95 Family 16" 11.95 Party 20" 17.95

**Smoked Chicken** - with red onion & fresh basil

Personal 12" 7.95 Family 16" 11.95 Party 20" 17.95

**Pizza Bianco** - white pizza, ricotta cheese, roasted garlic, yellow & red tomatoes & fresh basil

Personal 12" 11.95 Family 16" 14.95 Party 20" 19.95

**Tempura Eggplant** - with roasted peppers & fresh basil

Personal 12" 9.95 Family 16" 14.95 Party 20" 17.95

**Pesto** - green pizza, homemade pinenut pesto, roasted garlic, asiago cheese, fresh red & yellow tomatoes

Personal 12" 11.95 Family 16" 14.95 Party 20" 18.95

**New & Totally Delicious Pizza**

**Scampi** - white pizza, T.O.N.Y.'s garlic shallot butter sauce, mozzarella, roasted garlic, leeks, carrots, squash, zucchini and red potato, mozzarella & Asiago cheese

Personal 12" 12.95 Family 16" 18.95 Party 20" 23.95

**Shrimp and Pesto** - green pizza with pesto sauce, mozzarella, sundried tomatoes, Calamata olives & fresh basil

Personal 12" 12.95 Family 16" 18.95 Party 20" 23.95

**Spinaci** - fresh garden spinach, roasted shallots feta cheese, caramelized onions, red & yellow tomatoes, mozzarella & fresh basil

Personal 12" 9.95 Family 16" 14.95 Party 20" 17.95

**Rosemary's Potato** - white pizza with T.O.N.Y.'s garlic shallot butter sauce with sliced "new" potatoes, roasted garlic, asiago cheese, fresh red & yellow tomatoes

Personal 12" 10.95 Family 16" 15.95 Party 20" 18.95

**Roasted Veggie** - white pizza, T.O.N.Y.'s garlic shallot butter sauce, roasted garlic, leeks, carrots, squash, zucchini and red potato, mozzarella & Asiago cheese

Personal 12" 10.95 Family 16" 15.95 Party 20" 18.95

**Build Your Own Pizza**

Personal 12" - 1.00 each

Family 16" - 2.00 each

Party 20" - 3.00 each

pepperoni-tri-colored peppers-red & yellow tomatoes-roasted garlic-Calamata olives-caramelized onions-spinach-roasted leeks-scallops-roasted

veggies-ricotta-hot cherry peppers-meatballs-scallops-pineapple-hot Italian sausages-pancetta-prosciutto-smoked chicken-rotisserie chicken-barbecue chicken-anchovies-feta-tempura eggplant-broccoli-fresh mozzarella-Swiss cheese-sundried tomatoes-gorgonzola-pepperjack-mushrooms-fontina-Reggiano parmesan

**Beverages**

20 oz Soda 1.35

Classic Coke • Diet Coke • Diet Coke, No Caffeine • Sprite • Sunkist Orange • A&W Root Beer

Must present coupon • Expires 2.14.98

**T.O.N.Y. BALONEY**

BRICK OVEN PIZZA • HEROS • ANTIPASTI

40 Wharf St. • Across from G'Vanni's

838-1910 • 773-TOGO • 773-8646

Must present coupon • Expires 2.14.98



I MAKE MONEY THE OLD FASHIONED WAY.



I invest in the stock market. Where else can you double your money every seven years? Now that I'm online, I'm making more informed investment decisions than ever before. Plus I have a knack for knowing a good value when I see one. Like JavaNet. I pay just \$19.95 for unlimited, high speed Internet access. Great service, too. Take it from me. Your money's safe with JavaNet.

# JavaNet

IN TOUCH WITH TECHNOLOGY.

www.javanet.com

Looking for a hot tip? Visit JavaNet at 37 Exchange Street, Portland. Or call 1-800 JavaNet for immediate Internet access.

## Gym neighbors

I was already in a bad mood when I arrived at the gym the other day and found every parking space filled.

I knew what lurked within: hordes of people who had put "join a gym" at the top of their New Year's resolutions, strangers who would not know gym etiquette, would hog the machines I wanted to use, sweat on them and not wipe them down. They would slam weights and jar my already fragile nerves. They would stare (it takes a while to learn how to use the mirrors to spy on people), stand around and basically get in my way.

It's not that I'm a gym snob. I don't wear makeup and jewelry when I work out. (I rarely wear makeup and jewelry when I go out.) I partake in no group activities. I don't tan, even in summer, and I imagine I cut a pretty ghastly figure. I don't stand and gaze at myself in the mirrors (an equal-opportunity, male/female preoccupation). I would say that I don't have matching outfits, but since all my gym clothes are black (*quelle surprise*), I guess they do match, but they are certainly not outfits. And believe me, the (literal) exercise in futility of pedaling a bike for 10 miles and going nowhere is not lost on me. It's kind of like writing a biweekly column.

But I know what it's like to be a newcomer. When I left my job as *CBW's* arts editor to freelance, I needed to create some structure for my days. So I joined a gym and took up pinball, leaving only those pesky midday hours to fill. Before I bothered to seek counsel from a trainer, I, too, wandered around aimlessly, used the equipment incorrectly and lolled on the mats, pretending to stretch, while staring at the ceiling and musing as to whether entering the world of self-employment was really a wise move. The trainer, at least, provided me with a regime by which to vex.

Neither do I begrudge the neophytes their resolve. "Bully for you," I say, although not out loud. I do not talk to people I don't know at the gym. I'm there to sweat out retribution for my sins, not develop relationships. Certain daily functions are not conducive to conversation and camaraderie. Having a gym buddy is as appealing to me as having a bathroom buddy.

People generally don't dare to approach me anyway. I suspect my secret gym name is Scary Sweaty Girl. (OK. I'm about to reveal an unspoken truth about gyms. Those of us who work out at a regular time see the same people over and over, and we nickname each other. For example, I said to a friend who goes to my gym: "I caught Walter Cronkite staring at me the other day," and she said, "Oh, you mean that guy who works out with Morgan Fairchild?" I've had many such conversations at two different gyms, so I know I speak the truth.)

And if my name is Scary Sweaty Girl, it's not undeserved. I do sweat and I am scary. I

work out hard. Sometimes I make little grunty noises. I hang upside down a lot. I walk around with a towel over my head. My friend Dave occasionally brings me a bottle of beer he thinks I'll like and leaves it in the cupholder of whatever machine I'm on. And if anyone raises an eyebrow at this act,

I'll pretend to take a good long slug off the bottle.

I also go into "Tommy" mode. From start to finish, I strap myself into my Walkman and block out the world. My tape selection is either Mad Girl Music or Morose Girl Music. Some people read, but I can't. My brain's too busy with other junk, like taking out my emotional trash. (I'm surprised black sludge doesn't ooze out of the back of my head.) I compose brilliant lines of prose that I

can never remember when I get home. I think up witty comebacks to 10-year-old insults. And, if I get bored, I watch one of those morning shows, where I can find out the weather in Topeka and see Martha Stewart perform such feats as flensing a whale.

The only advantage to being a newcomer is that you're just a type — either the type that wanders around terrified or the type that acts like you own the joint. I am familiar with the latter defense mechanism. I employ it any time I have to use public transportation in a large city. More than once, I have charged determinedly toward a dead-end tunnel upon debarking a subway car, rather than risk looking lost and searching for an exit. But at the gym, this condition doesn't last long. It's like the first couple weeks of school — except that you're going through it wearing what basically amounts to your pajamas or underwear.

When I got inside the gym, my suspicions were realized: a packed house. As I hung up my coat, Danny Partridge (a.k.a. Baggy Sweats Man) and Thong Woman were complaining about the crowds. "Happens every year," she said. "I give 'em a month — six weeks at best," he said. Fearing being drawn into the conversation, I pulled up my sweatshirt, the neck of which caught around my glasses. By the time I was able to free my head, the pair was gone. I had missed my chance to clear myself as Scary Sweaty Girl, but didn't really mind. What if Thong Woman and I became friends? What if she wanted to start making joint trips to the locker room or got me interested in wearing outfits? What if we became known as the Thong Twins? No, best to have let the opportunity pass.

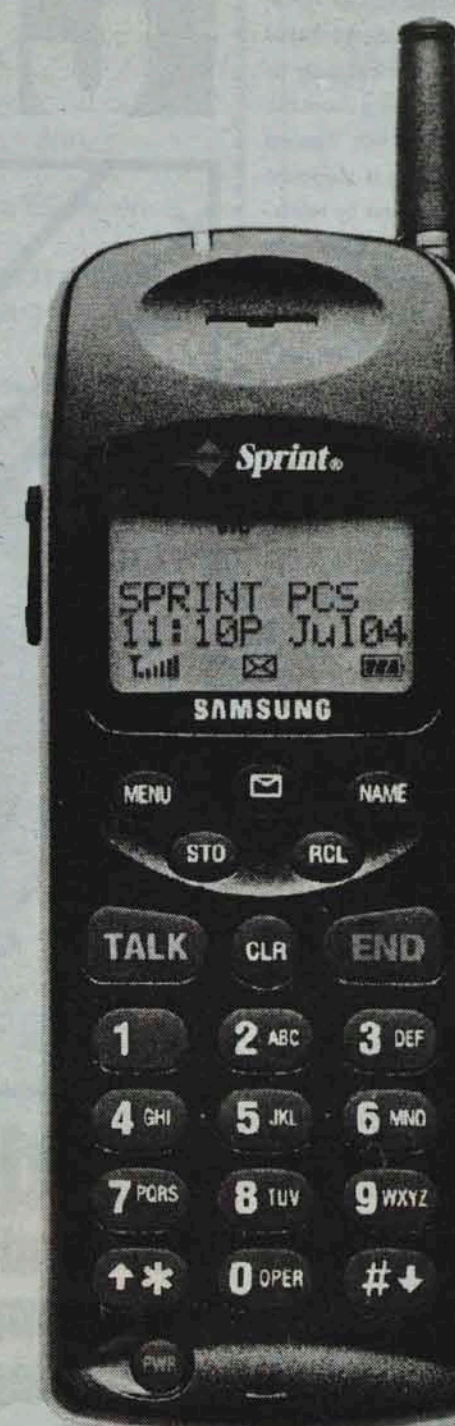
Maybe I am a gym snob, after all.

*The only place Elizabeth Peavey applies the term "make it burn" is in her kitchen.*

outta my way



ELIZABETH PEAVEY



Sprint PCS™

Interested in one of these little numbers?

**CALL 1-800-JAVANET**

Or visit the café at 37 Exchange Street, Portland.

# JavaNet

IN TOUCH WITH TECHNOLOGY.

www.javanet.com



The attorneys general of nine states, where the weather is less icy than it is here, have worked out an agreement with Portland-based telemarketer **Talk America** requiring the company to stop making unsubstantiated claims about the stuff it sells. Among those items was "Natural

#### news-orama



Hairs," which is supposed to cure baldness by releasing hair trapped inside your head, where your brain is supposed to be. Then there's "Colon Cleanser," which — in the ever-so-proper words of the Associated Press — "purported to flush trapped fecal matter from the colon." Talk America didn't admit any wrongdoing, but did agree to stop advertising the products, pay \$150,000 in legal fees and give consumers 90 days to request refunds.

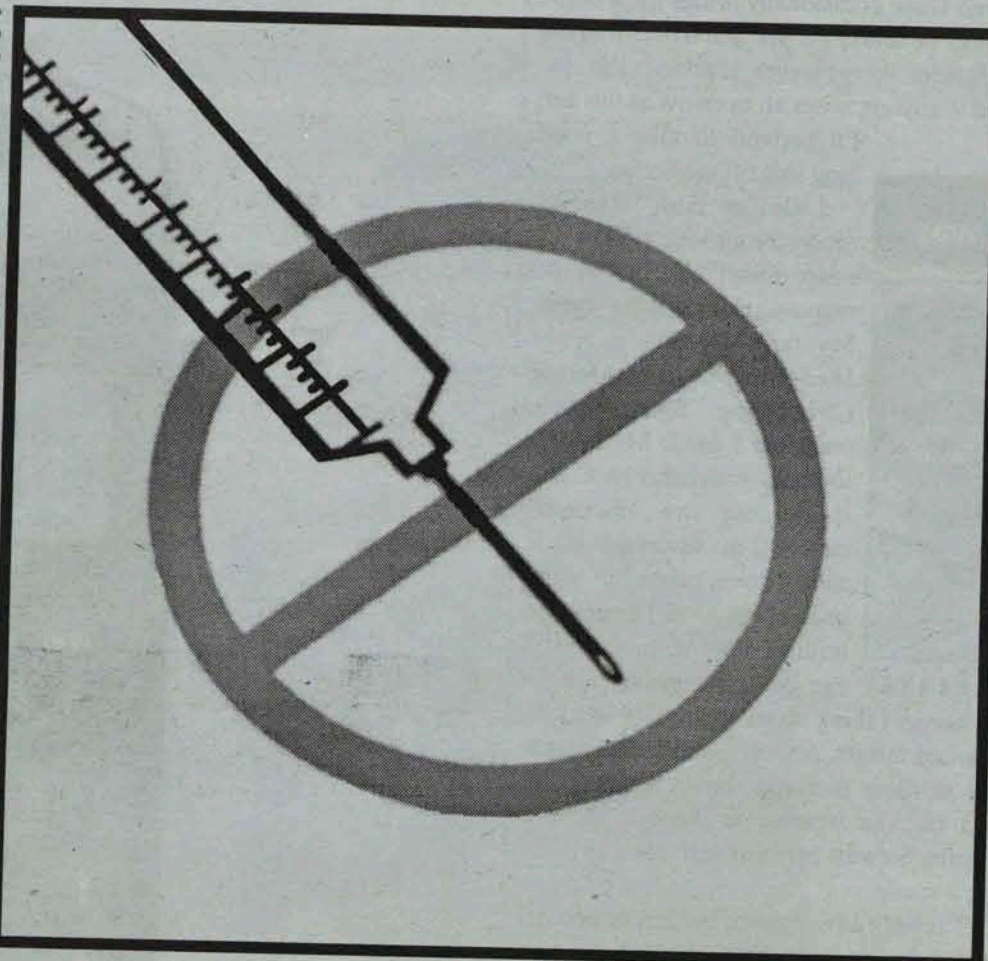
Old Port mega-landlord **Joe Soley** normally moves at a glacial pace when it comes to correcting problems with his properties. But Soley hustled faster than a Central Maine Power line crew during an ice storm after Portland condemned 11 of his apartments for numerous health and safety code violations. After the dwellings at 9-11 Exchange St. were padlocked on Jan. 2, Soley made sufficient repairs to re-open eight of them by Jan. 6. In a letter to the *Portland Press Herald*, Soley admitted conditions in the apartments were "deplorable," but claimed the damage was "definitely caused by vandalism during the process of eviction." That contradicts evidence that city officials have been trying for months to get Soley to deal with broken toilets and non-working smoke alarms.

Speaking of freezing up, on Jan. 9, developer **Ric Weinschenk** iced his offer of Jan. 7 to replace chimneys in 29 houses he built in Portland. Weinschenk withdrew from the deal after the city refused to loan him \$100,000 to pay for it. Weinschenk said the city bears some responsibility for the dangerously defective chimneys because city inspectors approved their installation. A state inspector said the developer's reluctance may not mean much, because he could soon be ordered to do the replacement work.

Two Portland lawyers want to freeze out **Cumberland County District Attorney** Stephanie Anderson. Both Joel Vincent, the *Press Herald*-proclaimed "king of the courthouse lawyers," and Neal Pratt, a partner at Bernstein, Shur, Sawyer & Nelson, are considering runs for the Democratic nomination to take on Republican Anderson, who's been the county's top prosecutor since 1990.

When it comes to **college football**, Portland has been a frozen wasteland, but that might change. Although the University of Southern Maine has no plans to start a team — mostly because it would cost a cool \$1 million — beer distributor Frank Gaziano has already pledged \$21,000 to buy uniforms and practice gear. Bud Ice here, getcha Bud Ice. *CBW*

## CITY



### Needle works

Portland's proposed needle exchange program could save lives, but first it needs legislative approval and cash

LAURA CONAWAY

Despite preliminary support from city officials, local police and state legislators, Portland's proposed needle exchange program is still months away from hitting the streets. Before health workers can begin handing out free needles and counseling the heroin addicts who receive them, they must first gain lawmakers' final approval for rules governing the system. Then they have to find a means to pay for it.

Supporters of a free needle exchange say having to complete those steps could delay the program's start until at least August. Meanwhile, some junkies have little choice but to continue sharing unsterilized "works," exposing themselves to deadly viruses such as HIV, which causes AIDS, and hepatitis C, which can lead to liver failure.

In 1997, state lawmakers decriminalized possession of up to 10 hypodermic needles, paving the way for publicly run needle exchange programs, like the one Portland health officials have proposed.

But the bill's sponsor, state Rep. J. Elizabeth Mitchell of Portland, included an unusual requirement that lawmakers directly approve the program's operating

again. Meanwhile, people are sharing needles, and the disease is spreading."

Officials from the state Bureau of Health are scheduled to present proposed guidelines to the Legislature's newly reconvened judiciary committee in February. State Rep. Richard Thompson of Naples, who co-chairs the committee, said he expected the group will recommend passage of the regulations to the House and Senate. "We may haggle over some of the rules," Thompson said, "but I don't see a big problem. I think everybody who had questions got them answered."

If the judiciary committee forwards the rules to the full Legislature, lawmakers would then have the option to amend, reject or accept them.

Dr. Dora Mills, director of the state Bureau of Health, said she was optimistic that lawmakers will support the proposed guidelines. "I don't sense any opposition to it," Mills said, "so I don't know why it wouldn't pass."

Mills said she and other health officials have worked closely with lawmakers to explain misperceptions about needle exchange programs, including concerns that addicts would throw used syringes onto playgrounds and streets. She said Maine's law requires drug users to turn in one used set of works for each new hypodermic they receive. "In neighborhoods where you have needle exchange, you don't see dirty needles littering the sidewalks," she said. "You're trading a dirty needle for a clean needle. It's a one-to-one trade, so you're not increasing the number of needles in the neighborhood."

**"Not enough people were comfortable with just signing off carte blanche on a needle exchange program. It was a necessary compromise."**  
— state Rep. J. Elizabeth Mitchell

Health workers will also offer information to clients about recovery clinics, shelters and other social services. Mills said national statistics show that dispensing information along with hypodermics actually lowers the incidence of heroin addiction by encouraging users to seek treatment. The programs also help guard the general population from disease. "We're protecting not just the drug users, but their partners and their children," she said. "It's a domino effect."

Supporters of Portland's needle exchange estimate the program could

cost \$10,000-\$20,000 a year, a sum they say is relatively low for the amount of positive impact the system could have on public health. Yet financing even that small budget is proving a challenge. Most federal money can't be used to fund needle giveaways, and the state hasn't earmarked any cash for the project, either. Nate Nickerson, who manages adult health care programs for the city of Portland, said he has been seeking grants from charitable foundations.

It's unclear exactly how Portland's needle exchange program would operate. Nickerson said it would likely be staffed by city health workers, whose wages would be paid in part by private funding. Portland could offer the service from the public health office in City Hall, or from a van that would travel to various locations.

The Legislature's judiciary committee is scheduled to receive the draft regulations for needle exchange programs on Feb. 20. A public hearing on the matter is slated for Feb. 5 at 1:30 p.m., at the Division of Motor Vehicles in Augusta.

#### Legislative races

### See Herb run

Adams is back; Mitchell's dropping out

After being term-limited out in 1996, Herb Adams says he wants his old seat in the state Legislature back. Adams, who served four terms in Augusta and is currently a member of the Portland School Committee, plans to challenge incumbent Democratic state Rep. Mike Quint in the June primary for the seat representing Parkside and West Bayside.

Quint is taking the challenge seriously. "If anyone can beat me, it's Herb," he said. "So I'm being very careful and thoughtful in my campaigning." But Quint downplayed any possible edge Adams may have over him because of the former state representative's legendary popularity. "The people in our neighborhood are very transient," said Quint. "So many may not know Adams."

Adams, who never faced a challenger during his four runs for the Legislature, predicted the race will be "gentlemanly." "I think people should speak no differently of their opponents than they want to be spoken of," he said. "I have nothing bad to say about Mike. When he ran, he said he'd be just like me and vote just like me. I intend to do the same thing."

Quint said he's been doing "a lot of constituency work" since being elected to the Legislature. "And I'm the incumbent," he said. "The types of things I'm working on really speak to the people here."

While Quint called Adams' major strength "his name recognition," he said his own advantages include his work on the health and human services committee, with the elderly low-cost prescription plan, in welfare reform and on passage of the gay rights law.

"Every day from now until the elec-

tion, I need to be visible to people in my district," Quint said.

Democratic state Rep. Richard Farnsworth will also face a challenger in the primary: City Councilor John McDonough. "I'm a little puzzled as to why," said Farnsworth, who is completing his first term representing the Western Prom, Libbytown and Stroudwater. "I'm still kind of learning the ropes."

But he said McDonough's bid doesn't

**"If anyone can beat me, it's Herb. So I'm being very careful and thoughtful in my campaigning."** — state Rep. Michael Quint

bother him much. "I guess I feel if I had really done a terrible job, I'd be concerned," he said. "But I really feel I've done a reasonably good job."

McDonough said he won't run for reelection to the City Council in May, in order to concentrate on his legislative race. "Dick [Farnsworth] is a nice fellow, but his attendance record is kind of dismal," said McDonough. "My business experience [retired from New England Telephone] allows me to really make a contribution. I'm a young man. I've got a lot of energy."

Meanwhile, Democratic state Rep. J. Elizabeth Mitchell, whose district includes Munjoy Hill, said she will not run for another term, most likely making her the only Portland legislator who won't. Mitchell called her political post "very demanding" and said she wants to "focus on my policy career." Mitchell works for the National Academy for State Health Policy in Portland. There's no definite word yet as to who might run for Mitchell's seat. The deadline for filing nominating petitions is March 16.

Former Democratic state Rep. Annette Hoglund said she hasn't yet decided whether to run for a third time against incumbent Republican Tom Gieringer, the man who defeated her in 1994 for the North Deering seat. Hoglund, who was cited recently by the state ethics commission for campaign fundraising irregularities, said she also may put off her next run for office until 2000, when GOP state Sen. Joel Abromson will have hit the term-limit maximum, leaving an open seat.

Gieringer, Portland's only Republican representative, plans to run again this year. According to political insiders, Democrat Bill Norbert, a lawyer who most recently spent time clerking for a judge in Bangor, expects to move back to Portland shortly, and challenge Gieringer.

The rest of Portland's legislative delegation, Republican Abromson, Democratic Sen. Anne Rand and Democratic Reps. Steve Rowe, Mike Saxl, Michael Brennan and Eliza Townsend, all plan to run for re-election.

SHARON BASS

### CAN'T FIGHT CITY HALL?

You can't do it alone and you may not need to. Find out your rights and duties.

Over 20 Years Experience

**David A. Lourie, Esq.**  
799-4922

JANUARY 15, 1998 9

85 Middle Street  
Portland, Maine  
04101  
207 773 9717

**kutzHair**  
NOW ACCEPTING NEW CLIENTS  
**Lauribuffi**  
from Cambridge Mass.  
has over 10 years of experience  
& specializes in color



### POWER PACING

unlike other studio cycling classes is not a spin in the park... it is an athletic challenge!

If you're into Mountain biking, competitive sports or fitness, **POWER PACING** is your extreme challenge!

**Dare to take the challenge**

**FREE POWER PACING**  
Reserve at 885-5152  
one per person  
expires 2/1/98

**ONE SOUTH**  
Fitness Club  
Conveniently located off I-95  
153 US Rte. 1 Scarborough  
**885-5152**

7th Annual  
JANUARY  
WHITE SALE  
15% OFF

GOOD COOKIN'  
**KATAHDIN**

774-1740 • Spring & High Streets  
Tues-Thur 5pm-9:30pm • Fri & Sat 5pm-10:30pm



**Immigrant students say Portland High School doesn't speak their language. And the NAACP is threatening a lawsuit.**

■ SARAH GOODYEAR

**C**rowded into the stark community room of the Front Street housing project, the teenagers are complaining about their education. The subject is very important to them, and they sometimes talk all at once in their eagerness to convey their dissatisfaction with the Portland school system. These are the faces of the new Portland, from Ethiopia, Sudan, Zaire, Rwanda, Somalia, Afghanistan, Cambodia. They are members of the Institute for Practical Democracy, a 2-year-old program sponsored by the Portland Housing Authority that teaches civic leadership skills. They have learned the importance of speaking their minds, if not always in turn.

Everyone in this room wants to go to college. But they are worried that they are not being properly prepared, that the English as a Second Language (ESL) classes many of them attend aren't challenging or difficult enough. "They never push us," says one boy, sprawled on the threadbare couch. "They never teach us hard stuff. They only give us easy stuff. They think we're dumb." Around the room, faces of many colors nod in agreement.

Last fall, the teens in this group took it upon themselves to tell the principal of Portland High School, Dana Allen, what they thought. "The ESL program should be taught to move the students into the mainstream classes within two years," the letter said. "In ESL classes, students are not given the opportunity to learn appropriate English skills such as vocabulary, literature, interpretation, conversation and public speaking.... We are asking for the equal opportunity to have the education that gives us a chance to go to college, have careers and good stable jobs."

Portland's ESL program is well-regarded nationally, having won recognition and grants from the federal government. But the rapid influx of non-English-speaking, mostly nonwhite students into the city's school system has meant teachers and administrators — blindingly white — have had to negotiate a steep learning curve. In 1985, there were only 45 students in the system with a first language other than English,

# Language of discontent



Kathryn Moultrie, education chair of the NAACP, said she's frustrated with the lack of minority teachers in Portland schools. "Because the state doesn't have enough teachers of color, are they in compliance with federal dollars?" PHOTO/SHOSHANNAH WHITE

mostly from Cambodia, Laos and Vietnam. Today there are 660 — 118 new arrivals in the fall of 1997 alone — and they speak more than 40 different languages, from Amharic to Farsi to Creole.

The students who are changing the complexion of Portland's school system are mostly refugees. When they arrive here, many know no English at all. They have widely varying educational backgrounds; some have attended school regularly, others have been bouncing around refugee camps their whole lives, with little or no opportunity to learn even the fundamentals. Some come from educated families; some have parents who are illiterate in their native languages. Many have personally experienced the trauma and uncertainty of war. All have experienced the culture shock of landing suddenly in a foreign country for an indefinite stay.

The challenge facing Portland educators is to identify what educational program is appropriate for each child. Several court cases have established that federal law requires that public education be available to all, regardless of linguistic background. It's up to individual school districts to create programs to serve their communities. The difficulties are particularly acute when children arrive at high-school age, because they might not be able to progress through the ESL program in time to qualify for college.

Take Toro Vaun, a friendly, outgoing young man from Cambodia whose gentle manner and cheerful disposition belie a wrenching past. His family fled their country's civil war when he was just 2 years old. They spent the next 11 years moving from camp to camp in Thailand, trying to avoid the violent conflicts that followed them across the border. After a brief stay in California, they wound up in

Portland, where other family members had moved years earlier.

Vaun knew virtually no English when he started as a freshman at Portland High School. But by the time he was a junior, he knew he wanted to go to college. The only problem was, he hadn't taken the classes he needed to qualify. "I looked at college expectations, and they are totally different from what I have in ESL class," said Vaun. "That is the struggling part. It's so hard. Other people study quicker than I do, that come from different backgrounds. People especially from Europe are studying faster." While Vaun could handle mainstream classes in art and math, more language-intensive classes were harder for him. "It's only my English that is pushing me back," he said. "It was my struggle."

Many students face the same struggle, and ESL experts say that is why some need to stay in ESL for as long as seven

years. They say it's a mistake to rush students into the mainstream too quickly. "Imagine you're 16 years old and you're dropped in the middle of China," said Diane Rudloe, a resource specialist with the Portland schools' multilingual/multicultural program. "Imagine you're expected to go to regular classes and do everything in Chinese. In a month you can speak to someone, but to study all subjects in another language takes much longer."

**"They never teach us hard stuff. They only give us easy stuff. They think we're dumb."**  
— Portland High School student

In Vaun's case, he returned to Portland High School for a fifth year of study after he graduated. That extra year gave him the opportunity to take the classes he needed to apply to college, and this fall he started as a freshman at the Maine College of Art. He's also taking an

they have the background they need."

There's no question that ESL classes are necessary for students who come into the Portland school system with no English or limited English. But what some students are questioning is whether there are lower expectations of ESL students than there are of mainstream students. And even those who most passionately defend the work the Portland schools have done to accommodate non-English speakers concede the program hasn't been explained to students and parents as well as it might.

"We have done a lousy job of educating students about the complexity of language learning and context learning," said Don Bouchard, an educator who has worked extensively in Portland High with ESL students. "Osmosis is the way students are expected to learn. We've really been alerted to the fact that the PR [public relations] aspect of it has not been communicated well enough."

Sam Carlo is one of the students who sounded the alarm about the way students perceive the ESL program. Carlo is a 17-year-old junior from Sudan who

said. "The students have been complaining for years and nobody stood up. He told us to write a letter and we did. He didn't even know what was going on at the school until he read the letter. Then he said, 'We can work on this.' He is willing. He is listening."

"I look upon it as an opportunity to examine our practices," said Allen. "If we need to adjust, then we should do it. We've got a great program, but it can get better. Let's not get on the defensive." Allen said one of the changes he is considering is modifying the current six-tiered ESL structure, in which students advance from the "F" level to the "A" level and into the mainstream, to a four-tiered system that would fit more readily into the high school structure. He also said the school needs to better educate parents and students about the philosophies behind ESL instruction.

"He is working with me really good," said Carlo. "He really wants to get this straight. Next year, when I graduate, when kids come to high school, there will be four levels and kids will know what is going on."

Other changes might be harder to implement. "Another issue is the number

NAACP president Moses Sebulny said the organization is considering legal action to force hiring of more minority teachers and administrators. FILE PHOTO/TONEE HARBERT



English class at USM.

But Rudloe admits that for some ESL students, like those who voiced their concerns in the letter to Portland High's principal, four or more years in ESL classes can be very frustrating. "They wonder, we can speak, why can't we be with the other students?" said Rudloe, who has been involved with Portland's ESL program since it was started to accommodate Southeast Asian students who arrived in 1980. "But it's a real disservice to mainstream them before

has been in Portland three years and was placed in mainstream classes after two years in ESL. He speaks quickly and articulately, his slightly mischievous grin and sharp sense of humor never far from the surface. A member of the Institute for Practical Democracy and president of Portland High's International Club, Carlo approached principal Dana Allen last fall about concerns raised by his fellow students.

"When I first saw him, I told him we had an issue with ESL classes," Carlo

of minority employees," said Allen. "I know this is a topic of discussion to the point where the district is looking at recruitment strategies. I do think the district has to do a better job of recruiting minority employees. I need someone of color in my guidance office. The number of kids of color walking around the building and not many adults, that's a concern. I have no intention of sweeping things under the rug."

## Color coded

"I think they're in denial and hypocritical," said Moses Sebulny, president of the Portland branch of the National Association for the Advancement of Colored People (NAACP). Sebulny is originally from Uganda and can empathize with kids like Sam Carlo. He is not a shy man, and does not shy away from strong language when he talks about his anger at the school administration's hiring practices and attitudes toward students of color. "Soon we are going to hit the schools with a massive lawsuit. If they want to hide under the curtain, we will take away the curtain with a legal arm."

Kathryn Moultrie, who heads up the NAACP's education committee, said she's troubled by the treatment students of color — both American and foreign-born — receive within the system. Moultrie said she's concerned there are so few non-white teachers and administrators. After months of discussions with administrators stemming from a forum the NAACP held on education last spring, she said she's gotten little satisfaction. The next step, she explained, is for the NAACP to

**"Imagine you're 16 years old and you're dropped in the middle of China. Imagine you're expected to go to regular classes and do everything in Chinese."**  
— Diane Rudloe, resource specialist with the Portland schools' multilingual/multicultural program.

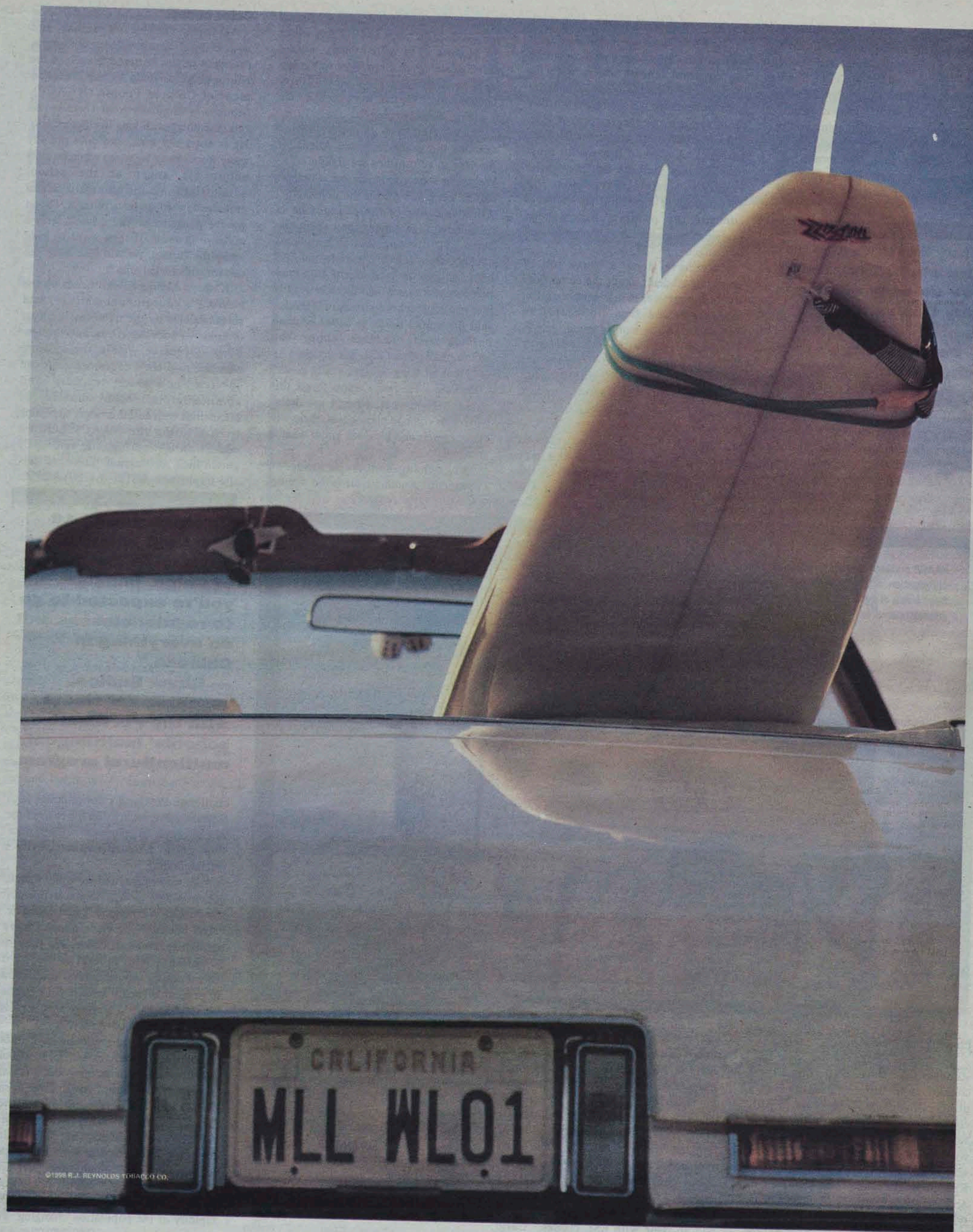
challenge Portland's compliance with federal civil rights laws on the basis of the lack of people of color within the system. That could jeopardize the district's federal funding.

"We won't fight, and we won't march, but we will go to Washington to open up the eyes in Washington," said Moultrie. "And because the state doesn't have enough teachers of color, are they in compliance with federal dollars? Do federal dollars stipulate that if you have a 30 percent diversity within your public schools, you need to have teachers of color to match that diversity?"

Like any federal requirement, it's not that simple. Guidelines call for a school workforce that reflects the community at large, not the school itself. And even then, there are complications to the formula. Mary Jane McCalmon, Portland's superintendent of schools, said she has nothing to fear from any legal action the NAACP might take. "We are in compliance," she said firmly. "You have to take into consideration the rapidity of the population changing. To

CONTINUED ON PAGE 14





# WINSTON BOX

16 mg. "tar", 1.1 mg. nicotine  
av. per cigarette by FTC method.

**SURGEON GENERAL'S WARNING: Quitting Smoking  
Now Greatly Reduces Serious Risks to Your Health.**

Some people still  
surf without a net.





## WANT TO START YOUR OWN BUSINESS? PICK OUR BRAINS!

We're SCORE (Service Corps Of Retired Executives) with 55 successful managers with experience in (almost) every field available to help you. We conduct workshops on the BASICS every Tuesday afternoon and also provide free individual counseling

### Workshop Series

- How to **really** start your own business Jan 20
- How to buy a business Jan 22  
next session April 30
- Marketing & Sales Jan 27
- Writing a Business Plan Feb 10

workshops sponsored by:



**Peoples Heritage**  
The Bank of Maine

Sign up now!

Contact us for additional information on this workshop series or to make an appointment at 207-772-1147 or email: score53@maine.org

Bring a copy of this ad and your partner will attend at no charge, a \$10 value

**\$SCORE MEANS BUSINESS\$**

# 1998

...your move!

Getting ahead on the job  
or in life can be a challenge.

Let Saint Joseph's College help  
you make your next move  
toward lifelong learning.

## SAINT JOSEPH'S COLLEGE of Maine

Division of Continuing and Professional Studies

**Courses start February 2 in Portland.**

- |        |   |
|--------|---|
| EH 100 | Basic Writing                               |
| EH 101 | English Composition                         |
| EH 207 | Readings in Literature: Maine Women Writers |
| EH 209 | Creative Writing                            |
| MG 201 | Business Communications                     |
| HY 101 | Western Civilization                        |
| MA 104 | Basic Mathematics                           |
| MA 105 | College Mathematics                         |
| MA 205 | Elementary Statistics                       |
| PH 204 | Philosophy of Gender                        |
| RS 102 | Intro. to the New Testament                 |
| RS 301 | Christology: Who is Jesus Christ?           |
| MG 101 | Intro. to Management                        |
| MK 201 | Intro. to Marketing                         |

**Get smart, get ahead, give a call! 1-800-752-4723**

ADCBW198

## Language of discontent

CONTINUED FROM PAGE 11

think you're going to turn over staff at the same rate is not realistic. The breakdown of staff does not match [the population] anymore, but there is always a lag."

But there are so few minority employees in the Portland schools you might need a microscope to find them. According to Joline Hart, the system's director of human resources, the city's schools employ 1,267 people. Of those, 16 are Asian, 11 are black and three are Hispanic. Combined, they represent just 2.4 percent of the total workforce. Not all of them are teachers, and Hart said she didn't know how many are. While the district's affirmative action plan must be reviewed each year, the last time a formal breakdown of the number of minority employees was done was in 1992. The 1990 census showed that Portland's population was 4 percent minority then, a figure that has doubtlessly increased.

"We are not out of compliance with regulations," said Hart. "But we do feel our workforce should be more diverse, so we're stepping up efforts to recruit minorities." About 45 teaching positions open each year, drawing some 2,000 applicants.

Herb Adams, a school committee member whose Parkside/West End district includes a large refugee population, echoes the good intentions of Allen and Hart. "I have always wanted to see recruitment of minority staffers at every level," said Adams. "If it means redoubling our efforts and going beyond the borders of the state, let's do it. We have everything to offer to any teacher of any race."

But McCalmon said it's not so simple. While the district has started advertising positions in national publications targeted to minorities, she said Portland's pay scale makes it less than attractive for those who could get jobs in more affluent states, like Massachusetts. And nationwide, according to Hart, there is a demand for minority teachers that will not be easily filled. According to a study done by Recruiting New Teachers, Inc., a national organization, "Nearly all large, urban school districts ... cite an immediate demand for teachers of color ... As students of color and language minorities continue to increase in number — to account for about 75 percent of urban school enrollment — the diversity of the urban teacher workforce, now only 38 percent minority in urban districts, is of growing concern."

Sebunya has no patience for the school district's explanations. "They like to ask, 'What should we do?'" he said. "They know what they should do." His frustration has found a receptive ear in Maine's congressional delegation. Rep.

John Baldacci, who was approached by the NAACP about the school district's compliance with federal guidelines, said, "We know what needs to be done. We need to begin to plan to do it, not study it." He added that solutions developed at the local level are better than those enforced by the feds. "People in Washington might straighten things out for the moment," said Baldacci, who Moultrie said has been the most receptive of the congressional delegation to the NAACP's concerns. "But if we do it locally, it lasts longer. I hate to think every time we need something done we have to go to Washington."

### Equal representation

But Moultrie turned to Baldacci for help because she sees the lack of employees of color as symptomatic of deeper problems within the system. A native of Georgia who has lived in Maine for much of her life, she returned to Portland in 1993 after a 12-year absence. She found a changed city where the number of minority students in the school system — especially black Africans — had risen dramatically. She also encountered evidence of misunderstandings between the races, something she had never seen here before. Moultrie, a nurse, decided she needed to become involved in educational issues when her own two children started having trouble in school for the first time ever.

"From the point of view of a parent, if I am doing everything I know, if I am doing my best to make sure my child gets an education, but yet when he gets into the system that same thing is not being done, there's no way that child is going to end up where you want him," said Moultrie. At first she hesitated to blame racial attitudes for her children's problems. After all, she had never personally encountered racism in Maine. But as she started looking more closely, she changed her mind. And she decided she wanted to be part of a solution, to help teachers understand the changing face of Portland's student body.

"It makes me feel even more that maybe I can do something to help that," she said. "To me, education is real important. People say, 'You're foolish to think that it's not racism, why don't you want to accept that?' Well, I think a person can be a racist for many different reasons, I feel you can unknowingly be one. Education can be a buffer. I don't think it can get rid of [racism], because racism is a part of the fabric of our country. I don't think we'll ever get rid of all of it, but I think we can create buffer systems."

### A chilling moment

Just as immigrant students complain they're underestimated in Portland classrooms, immigrant adults say they're sometimes treated like fools by school officials.

Take, for example, the response Mansour Al-Alwi received when he raised his hand to ask a question at the Aug. 18 meeting of the Portland School Committee. Twenty-four years removed from his native Libya, Al-Alwi still speaks with a heavy accent. His words came slowly, and the audience members shifted uncomfortably in their seats.

As a leader of the Muslim Council of Maine, Al-Alwi wanted to know whether the school system's new "Vision Statement" would include Portland's minority students. "The sentence the gentleman was mentioning for 'the community base,' I haven't seen the word for 'diversity community base,'" Al-Alwi said into the microphone. "That is coming next, or am I jumping the gun here?"

Superintendent Mary Jane McCalmon responded in a tone she might use for an elementary student who hasn't paid attention in class.

"As I was saying a couple of minutes ago, to help you with your comment, I did not read the whole statement," McCalmon said, pronouncing each word carefully and holding the page up as if Al-Alwi could see it from several yards away. She read aloud the section dealing with diversity, then said, "[T]here is clearly written, in black and white, in the Vision Statement itself, a recognition of the importance and value of the diversity of this community and the diversity in our student population."

Perhaps McCalmon was merely trying to be helpful, but the implications of her tone weren't lost on Al-Alwi, who chuckled knowingly this month when reminded of the incident. "They think if you have an accent and you're from that area, you're not educated," he said. "They think you barely know how to read or write. We see a lot of people following the same pattern, that they don't think you're as intelligent as them, or you know as much as they do. They deal with a person who has an accent like they came to the country two weeks ago."

LAURA CONAWAY

In May 1997, Moultrie and other NAACP members and parents of color organized "Portland Forum 2000," a discussion group to examine what they saw as pressing issues within the school system. The report from the forum cited several areas of concern. "There are conditions and practices in Portland schools that tear down the self-image of students of color and encourage negative stereotypical images of them, with educators responding to students as personifications of those images," the report said.

The parents at the forum echoed concerns of students like Sam Carlo about the nature of ESL education. "There is a low expectation for students of color and students whose first language is not English .... Students sometimes see themselves as not being considered worthwhile to teach .... Too many teachers and administrators ... connect not speaking English with not being intelligent or worth teaching."

After the forum, Moultrie and others met several times with McCalmon to discuss ways the system could address the NAACP's concerns. But the talks ended last November, and Moultrie and McCalmon disagree on the potential for a quick response to the issues raised, particularly the question of hiring minority teachers.

"We think that needs to happen immediately," said Moultrie. "We think it should have happened before school started [in fall 1997], but it didn't, mainly because we have not been able to come to an agreement with the superintendent of schools, I feel. I feel we should be included in the beginning stages. I feel

African-Americans need to be on deciding committees. I'm not saying they're not making steps, but the biggest problem is that African-Americans are not in the beginning steps. You can't just get together and decide for us. You need us helping you to decide so every voice is heard. That's our whole goal, is inclusion."

McCalmon dismissed Moultrie's suggestion that she and the NAACP haven't been involved in the school system's response to the hiring issue. "I have been meeting with Kathryn specifically to get her input," said McCalmon. "I have given her a copy of the strategic plan to show it addresses these issues. She was included."

### On the slow track

Another question on which Moultrie and McCalmon don't agree is so-called "tracking" — the practice of grouping students by ability. McCalmon said definitively that the Portland schools "do not track." But Moultrie cited a 1996 state report called "The Condition of K-12 Public Education in Maine" that showed in most Maine schools, ability grouping begins as early as kindergarten. And as far as she's concerned, it takes place in Portland as well — another reason that hiring minority teachers is important.

"Tracking is based on the opinion of the teacher," said Moultrie. "We could see that. We could see it's the teacher's perception about that child that determined whether or not he was tracked. And we're saying that the ability of those teachers to know that about a child coming from a foreign state within the first few weeks of school is

impossible. You cannot know the potential of a person within the first weeks of school."

People in the schools' multilingual/multicultural department said that they test children who are starting school in Portland to determine their language ability, and that students can progress into the mainstream in a timely fashion as their language skills improve. "We have to rely on teachers to deem when it's appropriate for kids to move up," said Don Bouchard. "Adolescents want to get into the mainstream. But the worst thing that could happen to them is failure. That would be devastating to their egos and destroy their chances after high school."

Of course, it's precisely those chances that concern kids like the ones in the Institute for Practical Democracy. They see a world of educational opportunity that is potentially closed to them because their progress through the myriad levels of ESL is too slow.

Grace Valenzuela, lead resource specialist for the multilingual/multicultural program and herself a native of the Philippines, said she understands how students could be overwhelmed. "It's not only learning language, it's learning culture as well," said Valenzuela. "Post-secondary preparation is a cultural thing. The first thing that struck me when I got here was the number of choices for ice cream. That translates to anything, including post-secondary education. I had never had that opportunity, to think about having choices."

Valenzuela added that student comments about "lazy" teachers and low expectations could also be explained by cultural differences. Many of Portland's newest students come from societies where they are in school for many more hours a day than typical American students, learning many more subjects.

Carlo, who moved so rapidly through ESL in his first months at Portland High that he said it disrupted his learning, said it took a while to convince teachers of his ability — ability he had worked hard to achieve in Sudan. "I told them I could do this stuff," he said. Now that he's in the mainstream, "of course I'm happier, because they challenge me really good, they make me study hard. I used to spend about eight hours a day on TV — no homework, so what can I do? My mom asks, 'How come you spend more time watching TV than reading a book?' What book? But now I have books to read, and essays, and papers, I can never see TV."

"They are hungry for people to consider they have possibilities," said Victoria Mares Hershey, who coordinates the Institute for Practical Democracy. She said she is proud of Carlo's drive for change in the ESL system.

And, as the system expands to take in ever more students of color and different language backgrounds, maybe the possibilities of kids like Sam Carlo will be ever more apparent, and the color of their skin ever less noticeable.

Sarah Goodyear is CBW's editor and publisher.



### Wedding Rings

250 from which to choose



The Exotic



The Unusual



Dramatic Combinations

She will be so pleased.



Always New Discoveries

Please visit us Mon-Fri 9am-4:30pm  
Thursday evenings 'til 8:30pm

Cross Jewelers

The Upstairs Jewelry Store

570 Congress Street, Portland, ME • 773-5107



# comment

## Answer in the affirmative

Achieving racial diversity in the workplace is one of the most difficult challenges facing any institution, public or private — especially in (mostly) homogenous Maine. The Portland school system, with its phenomenally rapid increase of minority students, is only one example (see "Language of discontent," page 10). The local branch of the National Association for the Advancement of Colored People is also questioning the lack of minority representation in other Maine bureaucracies. And as for our part of the private sector, here at *CBW*, the number of minority employees is exactly zero.

Recruiting people of color to work at a newspaper in an overwhelmingly white state, especially when you have no budget for recruitment and very low turnover, is difficult at best. That's why we at *CBW* are seeking out student interns of color through a variety of channels. By so doing, we hope to encourage an interest in journalism among qualified young people that might lead to careers writing and reporting in Maine.

Among alternative weekly newspapers, it's not just *CBW* that has the whiteness problem. A recent survey of the trade organization that we belong to, the Association of Alternative Newsweeklies (AAN), concluded that "... the range of diversity within the alternative press is very bleak. AAN publications are very white indeed." And that includes AAN papers in cities that are predominantly black, such as Washington, D.C., and Detroit.

With all the backlash against affirmative action these days, we can sometimes lose sight of the reasons to encourage workforce diversity. Louis Black of the

*Austin Chronicle*, which has only one Hispanic staffer (and no black staffers) in a city and state with a huge Hispanic population, said, "The whole notion that we should have minorities on staff to cover minority stuff is silly, it's segregating."

Well, it's not silly and it's not segregating. Americans of different races view the same topics very differently. It is impossible to have an intelligent discussion of race, or to perform a meaningful analysis of racial issues, when everyone in the room is white. To imply that this is acceptable is the worst kind of majority condescension.

For a few months last summer, Carl Burnett, a young man who uses a wheelchair, was an intern at *CBW*. Within a couple of days, we all saw the geography of the office in a different way. No amount of well-intentioned thinking by those of us who don't use wheelchairs could have substituted for just a few remarks from Carl, who simply told us — *showed us* — what was obvious to him.

Race continues to be one of the most divisive issues in this country today. All of us well-meaning American white liberals — and that includes those in positions of power in the Portland schools — would do well to remember that we *cannot* know what it is like to live as a person of color, or a person struggling to learn English, or a person from another culture. As we celebrate the birthday of Martin Luther King Jr., we should remember this: Only by listening to the people who have those experiences, and including them in every decision-making aspect of our society, will we ever be able to live in the kind of America he was dreaming about.

SARAH GOODYEAR

## ESSAY

## A vote for chaos More on the Eastern Prom trail, and other planned experiences

■ ANDREW GRAHAM

This is in response to the essays you have published concerning the trail developed from India Street to the Eastern Promenade ("Wild thing," 12.4.97; "Hail to the trail," 12.25.97). I, too, have questioned the thinking that has gone into the Eastern Promenade trail. Reading the pro-trail essay by a committee (Alex Jaegerman, Nathan Smith and Sharman Wendell) explaining the careful consideration afforded to the trail design reminded me that the elephant has always been described as an animal designed by committee. This committee approach may be the flaw in much of our urban planning and design. Certainly, this trail suffers from an "all things for all people" philosophy, and succeeds in creating another example of the tiresome mediocrity that has been the hallmark of Portland's urban redevelopment malaise.

When I came here 25 years ago, Maine embodied the random, unruly, decaying, unexpected world. It was this quality that drew me to build my business, raise my family and spend my life here. Secure access for all should not be the criterion applied to each and every project. Life holds danger, mystery, difficulty and

happenstance. The engineering of these factors out of our environment is the creeping disease of my lifetime.

An example of this modern disease is the redevelopment of a perfectly good trail around the Eastern Promenade (an ideal place to walk your unleashed dog) into a controlled, considered multi-use corridor (with cute signs reminding us of the leash law). This once was a trail that existed both as a resource for Portlanders and as a rustic, unkempt path, a path to discover as you wandered through Portland.

### When I walk through my city, I do not want to be led. I want to discover.

While it might have meant forgoing federal and state funding, we could have improved the trail by simply identifying, marking, cleaning and mapping. Trails have been successfully developed and used in parks, public land and other attractive sites throughout Maine, the United States and the rest of the world without electricity, asphalt and plantings. I haven't noticed a blacktop path and lighting leading me up Douglas Mountain, or, closer to home, through Maine Audubon Society's trails in Falmouth.

The authenticity of character is the quality lost in the Eastern Prom trail development. It is no longer the place it was, but has become an interpretation of a place by committee. The arbitrary scrub of the indigenous plants has been replaced by planned, ordered "hardy native species" chosen to present a landscape architect's sense of what should be.

I mourn what we have lost in Portland in the past 25 years far more than I applaud what we have gained. The supposedly orderly design process produced the Franklin Street Arterial, the Middle Street divided highway, the Cumberland County Civic Center, Congress Square and Monument Square, the Golden Triangle redevelopment, the empty lots on Fore, Danforth, York and Commercial streets. It also produced, to my personal horror, the empty lot at the corner of Cumberland and Franklin, where a synagogue once stood before it was isolated by the Franklin Street development and knocked down for a Casco Bank building that was never built. And we can't forget the orderly, planned, parking-poor improvement of Commercial Street that replaced the lively chaos of the waterfront's heart just 10 years ago.

When I walk through my city, I do not want to be led. I want to discover. I want my experience to be unmediated. I want to see the industrial buildings and I want to see the decay. I do not value "linear connectivity" and visual clues. The joy in life is serendipity, and the taming of a path to increase its safety and access must be carefully balanced against the reduction of quality in the experience of the walker.

Perhaps as the trail is defaced — frost heaving the asphalt, lights vandalized and plantings overtaken by native interlopers — the experience of walking the Prom by the water's edge will improve. But for now, I'll take visitors elsewhere — perhaps to Mackworth Island — to give them a sense of why we live here in Portland. Hopefully it will be some years before the forces that drive urban trail systems succeed in linking, designing and mediocritizing that experience, too.

Andrew Graham lives in Portland.

## DEBRIS X, PATRICK 97 X



## CBW Q

### What are the white symbols on the new street signs on Congress Street?

That is the sight of two hands clapping, according to Barbara Hager of Portland's Downtown District (PDD). The applauding hands, which went up at the end of December, symbolize the arts district. Since the new signs were already budgeted for by the Portland Public Works Department, it didn't cost PDD anything extra to have the hands put on them. In the Old Port, new signs feature sailing ships. The two symbols appear alongside the names of businesses in PDD's latest brochure, indicating in which district a given enterprise is located. "We're all coded now, and everything," said Hager.

Got a burning question about life in Greater Portland? Let *CBW*'s crack investigative squad sort it out for you. Those whose questions are selected for publication will receive a complimentary SPAM® refrigerator magnet. *CBW* Q, 561 Congress St., Portland, ME 04101, or by fax: 775-1615.

## LETTERS



Casco Bay Weekly welcomes your letters. Please keep your thoughts to less than 300 words (longer letters may be edited for space reasons), and include your address and daytime phone number. Letters, Casco Bay Weekly, 561 Congress St., Portland, ME 04101 or via e-mail: editor@cbw.maine.com.

### From a reader, a press release

Casco Bay Island Transit District announces new scheduled service to Munjoy Island.

A panel of scientists, including three physicists, three geologists, two oceanographers and two seismologists, has concluded an extensive evaluation of collected data and determined that, by the year 2000, the city of Portland will sink under the weight of dog shit and Munjoy Hill will become the most recent addition to the Casco Bay islands.

Roger Dutton

Roger Dutton  
Portland

### Free the press

I would like to address the irresponsible comments of USM Prof. Eve Raimon in Al Diamon's column ("Start again," 12.25.97).

As a student senator last year, I learned firsthand the potential for misquotes and slanted stories coming out in the *Free Press*. While I was angry, I understood that the *Free Press*, like the senate, was made up of students. We are all amateurs, learning in the stressful world of college, and preparing ourselves for the "real world." Students, including student senators and journalists, make mistakes and learn from them. That is what the university concept is all about.

The *Free Press* this year is the best it has been in the four years I have been a student. It is responsible, informative and entertaining journalism. A large group of dedicated, hard-working students works weekends and long hours on top of full- and part-time jobs and classes to practice journalism. Sometimes, as in the case of the small brief about the referendum, they make mistakes. An apology was printed on the university listserve, and I'm sure there will be a correction in the next issue.

For USM professor Eve Raimon to accuse students of "monumental ignorance or outright bigotry" is far more irresponsible than any news brief. Let me assure you, her lack of knowledge of the learning process that goes on at the university is not typical of the high quality of professors at USM.

I for one am glad she made her own ignorance public, for now I know of one professor whose class I will not be taking. I hope that in addition to writing a formal complaint, she writes an apology to the *Free Press* and to all the hard-working students whom she insulted.

Erik Reynolds  
USM senior  
Portland

### Abuse of process

Never in the history of your publication has there been a more accurate, valuable and long-overdue letter than Seth Berner's ("State child abuse," 1.8.98).

The abuse by the Department of Human Services

(DHS) and its legal arm, the Maine Attorney General's office, is atrocious and has been ignored by state media for decades. DHS has been allowed to accumulate incredible power and control over state financial and political resources, sufficient to control and intimidate every other agency and institution in state government. DHS bureaucrats cannot be prosecuted for whatever action they choose to take (immunity), work in secrecy (confidentiality) and force the courts to hide proceedings from the public (impoundment). Regardless of what they will hoot, their motives are clearly as Mr. Berner says: defending turf! The pitiful fact is the state Legislature is fully aware of this dictatorial condition and is too timid to do a damn thing!

**DHS has been allowed to accumulate incredible power and control over state financial and political resources, sufficient to control and intimidate every other agency and institution in state government.**

There are those of us who have been calling for an independent investigation of the DHS system for years. It will not happen. Only media with guts and determination enough can reveal this calamity to the people. When that is sufficiently done — *with names published* — it will stop! Until then, children will continue to be, as Mr. Berner so knowledgeably says, pawns in the career interests of state bureaucrats and the perpetuation of their lucrative "industry."

Mr. Berner has written on a subject that must not be left at that.

Warren L. Brown

Warren L. Brown  
Portland

### Food for thought

I wish you would think a little about running continuously somewhere in your paper, "We are not born equal." I think that there are some of us who would benefit from being reminded of this fact often.

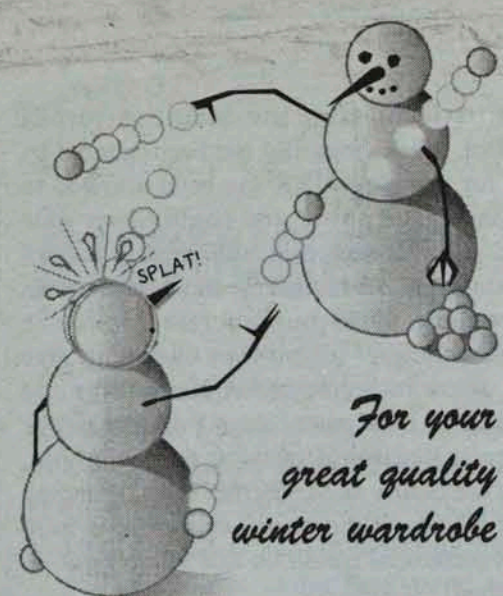
Hazel E. McCrum

Hazel E. McCrum  
Portland

## white space

List of all the fascinating angles on the ice storm that were not covered ad nauseam by the local media.





## Forget-Me-Nots

will be on vacation  
Monday Jan. 19th  
through  
Friday Jan. 23rd

Featuring Quality  
Women's Consignment  
apparel and accessories

At Two  
Great Shopping  
Locations

Cape Elizabeth • 1282 Shore Rd. • 799-3796  
Falmouth • 190 US Rt. 1 • 781-8252  
Open Tue-Sat. 10am-6pm • Sun. noon-5pm  
NOW ACCEPTING WINTER CONSIGNMENTS

**Q's ICE CREAM**  
of Portland

**Don't Be Left Out in the Cold**

- Hot Homemade Sundae Toppings
- Hot Homemade Soup
- Hot Coffee and Tea Drinks

... and Ice Cream That's Oh So Cool!

Open 'til 9 pm  
Sun-Thurs  
10 pm Fri-Sat

Free Parking Lot  
Beside Our Shop  
505 Fore St., Portland  
**773-7017**

Right now, for a limited time only, home computer owners can take advantage of the unmatched access, speed and reliability of **Maine's most advanced Internet service** at substantial savings during CommTel's special offer.\*

**FREE FREE FREE**  
sign-up. installation. first month's service.

## The best Net you can get!

(as easy as one - two - free!)

And, if you have a new computer with Windows® 95 and Microsoft® Internet Explorer pre-installed, you can be up and surfing the Net within minutes of calling us!

\*This special offer is good through February 1, 1998, and applies only to our most popular residential standard and premium service.



Part of CommTel, a Maine communications company for 100 years  
800-643-6265 or visit [www.ctel.net](http://www.ctel.net)

### The best Net you can get means:

- No access problems. T-3 fiberoptic connections with 30 times the capacity of T-1 lines used by many other providers.
- No frustrating waits. Dial-in access at speeds up to 56K.
- No technical worries. Around-the-clock support, 24 hours a day, 7 days a week.

Coming Soon...  
February 2nd

## Black Tie...

## Is Moving to the Old Port!

After 10 years, we have outgrown our South Portland location. Thanks to your continuous support, **BLACK TIE** is proud to announce our move to the Old Port.

As our way of saying Thank You,  
we are offering: 2 for 1 lunch at our  
South Portland location for the  
entire month of January!\*

**Black TIE**  
Catering & Cafe

\* some restrictions apply  
Come visit us in our new exciting location at  
188 Middle St. behind the Pavillion

We hope you will join us! Thanks for 10 wonderful years!  
870 Broadway South Portland 799-7119

### BEST PEOPLE

Best person in Portland  
Best TV personality  
Best weather forecaster  
Best writer (CBW staff not eligible)  
Best waiter  
Best chef  
Best radio DJ  
Best bartender  
Local politician you trust most  
Local politician you trust least

### BEST FOOD AND DRINK

Best breakfast joint  
Best lunch  
Best dinner for cheap  
Best dinner if money's no object  
Best new restaurant (opened after 1/1/97)  
Best place for a romantic dinner  
Best brunch  
Best free eats at happy hour  
Best coffee spot  
Best sidewalk food cart  
Best bread  
Best desserts  
Best Maine microbrew  
Best produce  
Best pizza  
Best burger  
Best fries  
Best Italian sandwich  
Best wraps  
Best fried clams  
Best pasta  
Best lobster roll  
Best vegetarian food

### BEST ENTERTAINMENT

Best Old Port bar  
Best neighborhood bar  
Best local band  
Best local solo music artist  
Best local album of 1997  
Best live music venue  
Best radio station  
Best theatrical production  
Best place to play pool  
Best place to play darts

# Best of Portland

Ah, Portland. How do we love thee?  
Let us count the ways.

It's time to vote for the Best of Portland, CBW's annual love fest, in which we celebrate all that is most wonderful about our town (and some of the things that aren't so wonderful, as well). So get out your writing utensils and fill out the categories you care about.

Confine your nominations to people and places within our coverage area (roughly Brunswick to Windham to Old Orchard Beach). If you wax poetic, we might use your comments when we write up the winners in our issue of March 12.

All entries must be in our hot little hands by 5 p.m. on Feb. 6. Vote early, but not often. Photocopied entries will *not* be accepted.

Best place to dance  
Best bookstore  
Best tape/CD store  
Best movie theater  
Best place for a free date  
Best sporting event  
Best ski area  
Best weirdness

### BEST SERVICES

Best ATM  
Best bicycle shop  
Best laundromat  
Best junk store  
Best tailor  
Best place for outdoor gear  
Best fishmonger  
Best jeweler  
Best place to get a haircut  
Best place for tattoos and piercings  
Best manicure

**Casco Bay Weekly**

Best massage therapist  
Best health club  
Best doctor  
Best corner store  
Best florist  
Most honest garage  
Best appliance repair  
Best use of taxpayers' money  
Worst abuse of taxpayers' money  
Best bureaucracy to deal with  
Worst bureaucracy to deal with  
Most effective citizen group  
Best gas station  
Best pottery shop  
Best day care  
Best local website

### BEST PLACES

Best building  
Ugliest building  
Worst intersection for pedestrians  
Best Portland neighborhood  
Best place for a weekend getaway  
Best beach  
Best park  
Best place to walk a dog  
Best company to work for  
Best temp agency to work for  
Best public bathrooms

### READER'S CHOICE

Did you think of something we overlooked? Here's your chance to create your own categories and answers.

Name:

City/town:

Daytime phone number  
(in case we have questions):

Mail or drop off ballot:

Best of Portland  
Casco Bay Weekly  
561 Congress Street  
Portland, ME 04101

**BALLOT DEADLINE FEB. 6**







## TOOTSIE

The Hottest Female Rock Band in Maine!

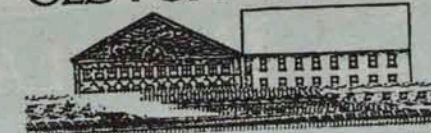


**Fri. & Sat.**  
Jan. 16th & 17th  
Barn Board, Rumford

**Fri. & Sat.**  
Jan. 23rd & 24th  
Kamlot, Lisbon

For Mailing List and Booking Information Call  
Bill at Advance Digital Recording, 856-6188

## OLD PORT TAVERN



11 Moulton Street • Portland, Maine 04101 • 774-0444

THURSDAY - SATURDAY • JANUARY 15 - 17

BLACK PEARL

EVERY SUNDAY & MONDAY • DJ DANCIN' DON

TUESDAY • JANUARY 20

THE ZACKLEES

EVERY WEDNESDAY • KARAOKE W/DANCIN' DON

TRY OUR DELICIOUS DINNER SPECIALS -  
SUN-THURSDAY PRIME OR ADAM'S RIB \$11.95

## Singles, Couples, Divorcees

Meet new people @

## MARSHVIEW CLUB

Grand Opening • Feb. 14th • 6pm-midnight

- Safe • Sophisticated
- Music you can still talk over
- Appetizers & free shore dinner, giveaways

\$10 cover

Marshview Club...A Great New Gathering Spot

Re. One Scarborough next to the Marshview Restaurant • 883-3401



## 828-1111 Basement Bands

On the Corner of Fore & Exchange below Punky's Pizza

THU 1.15

SILAS SHEPARD TRIO

FRI 1.16

FOXTROT ZULU

SAT 1.17

NEPTUNE ENSEMBLE

WED 1.21

LAZY LIGHTNING

THU 1.22

ZERO DEGREES KELVIN

W/ KIPPER-TIN

BARGAIN BASEMENT SPECIALS

CHEAP BEER & FREE PIZZA EVERY DAY 5-7PM

## Somewhere

Buffet & Live Piano

Sunday 5:30-8 Buffet

8:30-12:30 Piano

(Marlene Daley - piano)

Monday: Wings 6:30-8:30

Tues: Karaoke (9-1)

Wed: Open

Thurs: Acoustic Act Take 2

Fri-Sat: Piano 7:30-12:30

Portland's Premiere Pianist Joe Villani

Happy Hour everyday 4-8 (Sunday 12-8)

Mon-Sat 4 p.m.-1 a.m.

Sun 12 p.m.-1 a.m.

117 Spring St., 871-9169

## clubs



### Prime cut

Hailing from Birmingham, England, the all-male quartet **Bigmouth** makes rock with a poppy, soulful bent. Growing up in the industrial, multi-cultural birthplace of bands like Black Sabbath, Led Zeppelin, Duran Duran and UB40, Bigmouth's influences were varied — leading them to a sound that incorporates both big guitars and a danceable beat. As vocalist Christopher L. Hicken puts it, they're "really just a rock band playing through a 'soul filter' in a post-grunge world." Catch them Jan 16 at Asylum, 121 Center St, Portland, at 9 pm. Tix: \$3. With The Billings Brew Band. 772-8274.

### thursday 15

**Asylum**  
Retro '70s disco night (9 pm/no cover)

**The Barking Squirrel**  
Matt Newberg (folk/6:30 pm/no cover)

**The Basement**  
Slits Shepard Trio (jam rock/9:30 pm/\$2)

**The Big Easy**  
Call ahead (blues/9:30 pm)

**The Bitter End**  
Black Grant (alt rock and metal/9 pm/no cover)

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/no cover)

**The Comedy Connection**  
Butch Bradley's Comedy Showcase (8:30 pm/\$6)

**Free Street Tavern**  
Spouse rock/10 pm/\$2-\$3

**Geno's**  
Rumford, Deerfoot, Lucas Abella and Crank Sturgeon (9:30 pm/\$5)

**Grill 36**  
The Sean Mencher Swing Combo ('30s and '40s style swing/6-8:45 pm/no cover)

**Heads U Win**  
Karaoke (9 pm-1 am)

**The Moon**  
College Night with DJ Dale "Da Dredd" Dorsette (Top 40 hip-hop dance/9 pm-1 am/no cover)

**Old Port Tavern**  
Black Pearl (rock/10 pm/no cover)

**Players Pub & Nightclub**  
North Shore Comedy Productions (4-5 comedians per show)

**Silver House Tavern**  
Ken Grimsey and Friends (classic rock)

**Sisters**  
Country line dancing (8 pm/no cover)

**Somewhere**  
Elizabeth Ross and Tom O'Brien (acoustic/9 pm-midnight/no cover)

**Stone Coast Brewing Company**  
Concert karaoke with Greg Powers (9:30 pm/no cover)

**The Underground**  
DJ Bob Look's All Request Night ('70s, '80s and '90s dance hits)

### Friday 16

**Asylum**  
The Billings Brew Band and Bigmouth (9-11 pm/\$3; guest DJ (dance until 1 am/\$3)

**The Basement**  
Footrot Zulu (9:30 pm/\$2)

**The Big Easy**  
Call ahead (blues/9:30 pm/\$2)

**The Bitter End**  
Petting Zoo (funk/9 pm/\$1)

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/no cover)

**The Comedy Connection**  
Mike McDonald and Chuck Roy (8:30 pm/\$6)

**Free Street Tavern**  
Bully Pulpit and PCP (alt rock/10 pm/\$2-\$3)

**Geno's**  
Tribe (9:30 pm/\$4)

**Grill 36**  
The Jerry Barry Jazz Quartet (standards and contemporary jazz/8:30 pm-1 am/no cover)

**The Industry**  
College Night (DJ Jayce spins hip-hop and dance/10 pm-3 am/\$3, \$3.21+/55, 16+)

**Metropolis**  
Chen-fries party with DJ Thunder (hip-hop, house, reggae and R&B/8 pm-1 am/\$6/ages 15-23)

**The Moon**  
House party (DJ Dale "Da Dredd" Dorsette spins hip-hop and dance/8 pm-2 am/\$3 after midnight)

**Old Port Tavern**  
Black Pearl (rock/10 pm/no cover)

**Players Pub & Nightclub**  
DJ Mr. Earl (Top 40 hip-hop and dance)

**The Rock**  
Call ahead (9 pm/no cover)

**Sisters**  
Dancing (guest DJ/8 pm/no cover)

**Somewhere**  
Joe Villani (piano/7:30-12:30 pm/no cover)

**Stone Coast Brewing Company**  
Nick Danger and the Sideburners (rockabilly/9:30 pm/no cover)

**The Underground**  
Andy's Weekend Party (9 pm-1:30 am)

**Verrill's**  
Call ahead (9 pm/no cover)

**Zootz**  
Urban Dance with DJ Moshé and DJ D'rum (hip-hop, triphop and acid jazz/9 pm-3 am/\$3 after 11 pm/ages after 1:15 am)

**The Comedy Connection**  
Mike McDonald and Chuck Roy (7:45 and 9:45 pm/\$6)

**Free Street Tavern**  
Deep Water (10 pm/\$2-\$3)

**Grill 36**  
The Jerry Barry Jazz Quartet (standards and contemporary jazz/8:30 pm-1 am/no cover)

**The Industry**  
DJ Mix spins Top 40, hip-hop and techno/10 pm-3 am/\$3, 21+/55, 16+

**Metropolis**  
'70s disco explosion ladies' night (8 pm-4 am/\$3/ladies free/16+ from 1-4 am)

**Old Port Tavern**  
Black Pearl (rock/10 pm/no cover)

**Players Pub & Nightclub**  
DJ Mr. Earl (Top 40 hip-hop and dance)

**The Rock**  
Call ahead (9 pm/no cover)

**Sisters**  
Dancing (guest DJ/8 pm/no cover)

**Somewhere**  
Joe Villani (piano/7:30-12:30 pm/no cover)

**Stone Coast Brewing Company**  
Nick Danger and the Sideburners (rockabilly/9:30 pm/no cover)

**The Underground**  
Andy's Weekend Party (9 pm-1:30 am)

**Verrill's**  
Call ahead (9 pm/no cover)

**Zootz**  
Urban Dance with DJ Moshé and DJ D'rum (hip-hop, triphop and acid jazz/9 pm-3 am/\$3 after 11 pm/ages after 1:15 am)

### saturday 17

**Asylum**  
Cradle I Grave (hard rock/9-11 pm/\$3; DJ Moshé (dance until 2 am/\$3)

**The Basement**  
Footrot Zulu (9:30 pm/\$2)

**The Big Easy**  
Call ahead (blues/9:30 pm/\$2)

**The Bitter End**  
Petting Zoo (funk/9 pm/\$1)

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/no cover)

**The Comedy Connection**  
Mike McDonald and Chuck Roy (7:45 and 9:45 pm/\$6)

**Free Street Tavern**  
Bully Pulpit and PCP (alt rock/10 pm/\$2-\$3)

**Geno's**  
Tribe (9:30 pm/\$4)

**Grill 36**  
The Jerry Barry Jazz Quartet (standards and contemporary jazz/8:30 pm-1 am/no cover)

**The Industry**  
College Night (DJ Jayce spins hip-hop and dance/10 pm-3 am/\$3, \$3.21+/55, 16+)

**Metropolis**  
Chen-fries party with DJ Thunder (hip-hop, house, reggae and R&B/8 pm-1 am/\$6/ages 15-23)

**The Moon**  
House party (DJ Dale "Da Dredd" Dorsette spins hip-hop and dance/8 pm-2 am/\$3 after midnight)

**Old Port Tavern**  
Black Pearl (rock/10 pm/no cover)

**Players Pub & Nightclub**  
DJ Mr. Earl (Top 40 hip-hop and dance)

**The Rock**  
Call ahead (9 pm/no cover)

**Sisters**  
Dancing (guest DJ/8 pm/no cover)

**Somewhere**  
Joe Villani (piano/7:30-12:30 pm/no cover)

**Stone Coast Brewing Company**  
Nick Danger and the Sideburners (rockabilly/9:30 pm/no cover)

**The Underground**  
Andy's Weekend Party (9 pm-1:30 am)

**Verrill's**  
Call ahead (9 pm/no cover)

**Zootz**  
Urban Dance with DJ Moshé and DJ D'rum (hip-hop, triphop and acid jazz/9 pm-3 am/\$3 after 11 pm/ages after 1:15 am)

**The Comedy Connection**  
Mike McDonald and Chuck Roy (7:45 and 9:45 pm/\$6)

**Free Street Tavern**  
Bully Pulpit and PCP (alt rock/10 pm/\$2-\$3)

**Grill 36**  
The Jerry Barry Jazz Quartet (standards and contemporary jazz/8:30 pm-1 am/no cover)

**The Industry**  
DJ Mix spins Top 40, hip-hop and techno/10 pm-3 am/\$3, 21+/55, 16+

**Metropolis**  
'70s disco explosion ladies' night (8 pm-4 am/\$3/ladies free/16+ from 1-4 am)

**Old Port Tavern**  
Black Pearl (rock/10 pm/no cover)

**Players Pub & Nightclub**  
DJ Mr. Earl (Top 40 hip-hop and dance)

**The Rock**  
Call ahead (9 pm/no cover)

**Sisters**  
Dancing (guest DJ/8 pm/no cover)

**Somewhere**  
Joe Villani (piano/7:30-12:30 pm/no cover)

**Stone Coast Brewing Company**  
Nick Danger and the Sideburners (rockabilly/9:30 pm/no cover)

**The Underground**  
Andy's Weekend Party (9 pm-1:30 am)

**Verrill's**  
Call ahead (9 pm/no cover)

**Zootz**  
Urban Dance with DJ Moshé and DJ D'rum (hip-hop, triphop and acid jazz/9 pm-3 am/\$3 after 11 pm/ages after 1:15 am)

## the next Big things

**The Sugar Hill Gang**  
Stone Coast, 1/22

**Duke Robillard**  
Raoul's, 1/23

**Uncle Jack**  
Asylum, 1/24

**B.B. King**  
Merrill Auditorium, 1/25

**Pantera**  
CMCC, 1/26

**Billy Joel**  
Civic Center, SOLD OUT, 1/27

**Sabretooth Nudist**  
CD Release, Asylum, 1/30

**Steve Earle**  
Raoul's, 2/1

**The Rock**  
Karaoke with Eric Krueger (9 pm/no cover)

**Somewhere**  
Marlene Daley (piano/7:30-12:30 pm/no cover)

**Stone Coast Brewing Company**  
Jazz brunch (11 am-2:30 pm); The Amazing Royal Crowns and Silverhouse (punkabilly/9:30 pm/21+ \$5/all-ages \$7)

**The Underground**  
Andy's Weekend Party (9 pm-1:30 am)

**Zootz**  
Free Fall Sunday with DJ Moshé (hip-hop/9 pm-3 am/\$3 after 11 pm)

**Free Street Tavern**  
Big World (10 pm/no cover)

**Gritty McDuff's**  
Dave Marshall (8 pm-midnight/no cover)

**Old Port Tavern**  
The Zacklees (10 pm/no cover)

**Players Pub & Nightclub**  
DJ Colossus (R&B and hip-hop)

**Somewhere**  
Karaoke with Larry & Larry (9 pm-1 am/no cover)

**Stone Coast**  
Call ahead (9:30 pm/\$1)

**The Big Easy**  
Call ahead

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/ladies' night)

**The Comedy Connection**  
Improvising the ID (8:30 pm/\$5)

**Free Street Tavern**  
Truffle Duo (8 pm-midnight/no cover)

**Old Port Tavern**  
Karaoke with DJ Dancin' Don (10 pm/no cover)

**The Pavilion**  
Ladies' night with DJ Shane Staples (Top 40 dance hits/8:30/ladies free)

**Somewhere**  
Open mic (9 pm-1 am/no cover)

**Wednesday 21**

**The Big Easy**  
Laser Karaoke with Ray Dog (9:30 pm)

**The Forge**  
Open mic with Ken Grimsey

**Free Street Tavern**  
Open mic (10 pm/no cover)

**Old Port Tavern**  
DJ Dancin' Don (10 pm/no cover)

**Zootz**  
Dominate the Species (gothic industrial dance and fetish jams/8 pm-3 am/\$3; open mic in the Rec Room (9 pm-1 am/no cover)

**Thursday 22**

**The Big Easy**  
Open blues jam (9:30 pm)

**Friday 23**

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/ladies' night)

**The Comedy Connection**  
Improvising the ID (8:30 pm/\$5)

**Free Street Tavern**  
Truffle Duo (8 pm-midnight/no cover)

**Old Port Tavern**  
Karaoke with DJ Dancin' Don (10 pm/no cover)

**The Pavilion**  
Ladies' night with DJ Shane Staples (Top 40 dance hits/8:30/ladies free)

**Somewhere**  
Open mic (9 pm-1 am/no cover)

**Saturday 24**

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/ladies' night)

**The Comedy Connection**  
Improvising the ID (8:30 pm/\$5)

**Free Street Tavern**  
Truffle Duo (8 pm-midnight/no cover)

**Old Port Tavern**  
Karaoke with DJ Dancin' Don (10 pm/no cover)

**The Pavilion**  
Ladies' night with DJ Shane Staples (Top 40 dance hits/8:30/ladies free)

**Somewhere**  
Open mic (9 pm-1 am/no cover)

**Sunday 25**

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/ladies' night)

**The Comedy Connection**  
Improvising the ID (8:30 pm/\$5)

**Free Street Tavern**  
Truffle Duo (8 pm-midnight/no cover)

**Old Port Tavern**  
Karaoke with DJ Dancin' Don (10 pm/no cover)

**The Pavilion**  
Ladies' night with DJ Shane Staples (Top 40 dance hits/8:30/ladies free)

**Somewhere**  
Open mic (9 pm-1 am/no cover)

**Monday 26**

**Club 100**  
TJ the DJ spins Top 40 (9 pm-1 am/ladies' night)

**The Comedy Connection**  
Improvising the ID (8:30 pm/\$5)

**Free Street Tavern**  
Truffle Duo (8 pm-midnight/no cover)

**Old Port Tavern**  
Karaoke with DJ Dancin' Don (10 pm/no cover)

**The Pavilion**  
Ladies' night with DJ Shane Staples (Top 40 dance hits/8:30/ladies free)

</



# HEADS U WIN

THURSDAY  
**99¢ PINT NIGHT**

FRIDAY  
**FREE BUFFET**  
5-8PM

**HAPPY HOUR**  
TUES-SUN 4-8PM  
99¢ BUD BOTTLES

**EVERY NIGHT**  
64OZ PITCHER &  
10" PIZZA \$12.99 +  
BASS, SHIPYARD, GUINNESS

**DAILY LUNCH**  
SPECIALS STARTING  
@ \$1.99

**SATURDAY**  
**WINE & DESSERT NIGHT**  
DESSERT & WINE \$5  
6 HOUSE WINES \$2.50/GLASS  
ALL NIGHT

**SUPERBOWL  
SUNDAY**

\$2.50 PINTS & FREE HALFTIME BUFFET

**COUPON**  
**\$1.00 OFF**  
ANY MENU ITEM  
EXP. 1/31/98

HOURS: TUE-FRI 11AM-1AM  
SAT & SUN 4PM-1AM

TAKE OUT AVAILABLE  
CALL US!

27 Forest Ave, Portland • 774-1100

## Asylum

121 CENTER ST. 772-8274

Mon. **MELROSE NIGHT**  
Drink specials 8-10pm

Wed **DJ MOSHE** FREE!  
\$2.00 Drafts!!

Thurs. **Retro 70's Disco** Free!

Fri. **Billings Brew Band \$3**  
FOLLOWED BY GUEST DJ

Sat. **GRADLE 2 GRAVE \$3**  
POST SHOW: DJ MOSHE

1/23 **Broken**  
**Clown \$3**

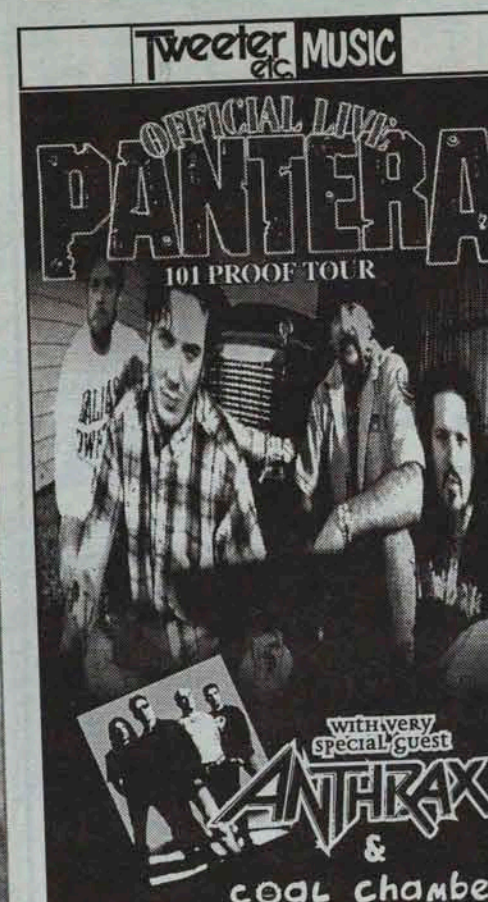
1/24 **Uncle Jack \$3**

1/30 **MUDHENS \$3**

1/31 **P @ P \$3**

All Shows 21+, 8-10pm,  
Tix @ Bullmoose & ASYLUM

E-mail [asylum@agate.net](mailto:asylum@agate.net)



**Central Maine  
Civic Center**  
190 Birch St. Lewiston, Maine

January 26 7:30pm

CALL (207) 772-NEXT  
www.boston.com/nxt

## nocturnal

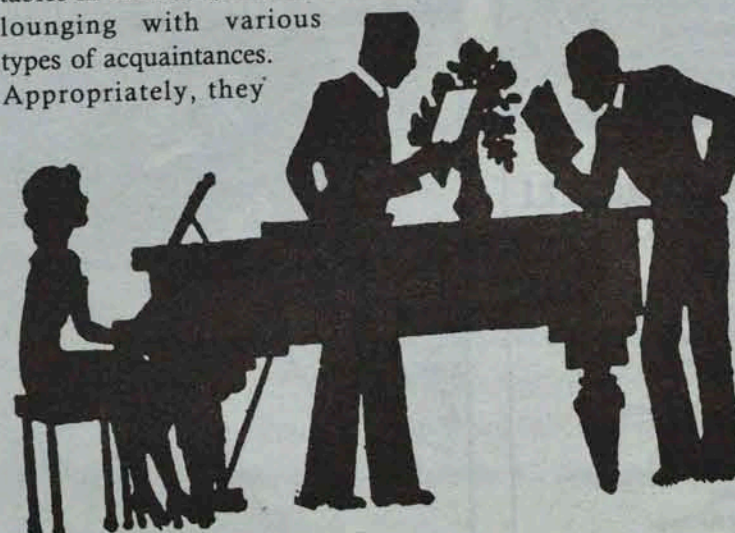
EMISSIONS

■ ZOE S. MILLER

### Calm, cool and conversational

With the Portland City Council on the warpath to make this town a kinder, gentler place for tourists, it's no surprise that entrepreneurs looking to open a bar would try to appeal to a market other than rowdy, beer-chugging types. Whether or not this was a factor for two of the newest additions to Portland's bar scene — Somewhere, a queer piano bar in the space once occupied by Cosmo's on Spring Street, and Una, an upscale wine bar and lounge next to Q's Ice Cream on Fore Street — both have a laid-back atmosphere sure to save them from the ire of frothing councilors.

I stopped into Una on a recent Thursday night around 9 to have a drink with a friend. The purple walls and the very '90s metal-and-glass cocktail aesthetic make for a smashing look, while the variety of seating — molded stools at the bar and high tables in the front, intimate elevated booths in the back — seems conducive to lounging with various types of acquaintances. Appropriately, they



serve every cocktail you could dream of — and some you probably wouldn't, such as an orange and chocolate martini. Drinks are pricey, \$5-\$7 for a cocktail (it's all top-shelf liquor, mind you) with wines ranging

from \$2 for a taste to \$6.50 a glass. Though they don't serve dinner, their menu of elegant munchies — including caviar and Pemaquid mussels — ranges from \$5-\$15.

My companion and I opted for the front, where we could benefit from the energy of the only other guests in the house, a table full of 30-somethings. I ordered a coffee, my friend a glass of wine. Our drinks arrived and we settled in for a chat. I'd barely taken a sip when our tall, stately waitress plopped the check down on our table. Call us overly sensitive, but my friend and I found it a little off-putting. Still, we shrugged it off and continued sipping. When I decided to be brazen and get another cup of coffee, it took about 15 minutes for it to arrive. It made me feel like I used to in high school, when I'd buy makeup at Jordan Marsh and the attractive, well-primped saleswomen would smile condescendingly as though my piddling lipstick purchase wasn't worth the energy it took to be courteous. Maybe it was an off night.

Una has garnered mixed reviews from other people I know who've been there. One friend called it pretentious, while another swears it's a swingers bar. And yet another revels in the glamour, calling it her new favorite place. Bad first impressions aside, Una has that certain polish that appeals to our stylish side.

Somewhere, on the other hand, may not be glamorous, but is ultimately one of the warmest places I've been to in a long time. In fact, other than the Free Street Taverna, I can't recall another bar that has given me such a comfy, neighborhood feeling, as if you'd stumbled into somebody's living room during their holiday sing-along party. The piano at the center of the one-room bar is clearly its heart. Everyone from the bartenders to a gaggle of women seated at tables — and especially the men perched on stools surrounding the piano itself — was chiming in on songs like "When I'm 64" and (did I imagine this?) "Over the Rainbow." The very idea of being present for a sing-along makes me titter a bit, but the whole experience is actually quite liberating. Nobody seemed to care if their voice was good or was drowning out the pianist's. Ultimately, the singing appeared to be a kind of bonding ritual, and I imagine it would be easy to make friends over a song and a beer at Somewhere.

The beverages were dirt cheap (\$2 for a pint of beer), although the mixed drinks were on the small side. The selection of beer was largely domestic, but they do have a microbrew or two.

Somewhere was a pleasant surprise and a welcome addition to Portland's repertoire of gay bars. As it already seems to have a stable of regulars, I must admit to feeling like I'd arrived at summer camp a week late and everyone already knew each other, but I'm sure all it would have taken was a song.

Somewhere and Una both have a major asset: They're places where you can actually carry on a conversation.

Zoe S. Miller's speaking voice is a decided improvement over her singing voice.



## MAINE PHOTO CO-OP

The Art & Education Division of the nonprofit Maine Photo Corporation  
100 Oak Street 774-1900  
Portland, Maine

AMATEUR OR PROFESSIONAL ■ DARKROOMS ■ LIGHTING STUDIO ■ FRAMING ■

### Where we have fun in the dark!

Come see what all the fun is about!  
**January Calendar**

#### Classes

##### "B&W Photo I"

Jan. 20 - Mar. 10, Tues. 6 - 9:30, \$330  
An introductory course designed to establish a structural framework in the technical aspects of black and white photography. Students will learn the basic tools, materials, and procedures of both exposure and printing.  
Instructor: Andrew Herrschaft

##### "Color Photo I"

Jan. 21 - Feb. 25, Wed. 6 - 9:30, \$300  
An introduction to Color print processing. Students will learn basic color theory, judging color balance, and test the tools and materials necessary for the production of high-quality custom Color prints.  
Instructor: Jennifer McDermott

##### "Basic Studio Lighting"

Jan. 22 - Feb. 26, Thurs. 6 - 9:30, \$300  
This class introduces students to the uses and functions of lighting equipment.  
Instructor: Morgan Howarth

##### "Documentary Photography"

Jan. 22 - Feb. 26, Thurs. 6 - 9:30, \$300  
Students will define and work on their own projects while getting a basic overview of the documentary photography tradition. Instructor: Toney Harbert

#### Workshops

##### "The Hand-Colored Photograph"

Sat., Jan. 17, 1 - 5pm, \$100

##### "Color Photography for the Complete Novice"

Thurs., Jan. 29, 7 - 9pm, \$30

Call to register or for more information. Classes geared for High School Students available. Please call for more information.

To learn more about our facilities or to register for a class, call us at 774-1900. Or stop by for a tour of our studio and exhibit, 100 Oak Street, Portland. Hours Tues.-Sun. 10am-10pm

Maine Photo CO-OP is a non-profit arts and education organization which provides rentals of darkrooms, labs, studio space, workshops and classes for amateurs and professionals.

## Try drinking a shake through a cocktail straw and you'll appreciate the idea behind Road Runner.

The internet is huge. The phone line running into your computer is small. It's understandable why downloads take so long. But there's a solution.

Road Runner, Time Warner Cable's high speed cable modem offers total internet access at blazing speeds — often 100 times faster than your typical modem. Imagine planning a vacation, checking your stocks or just surfing around — from home or office — in a fraction of the time.

Through Road Runner's high speed, digital connection, the internet's wealth of knowledge and information are readily available — without the wait.

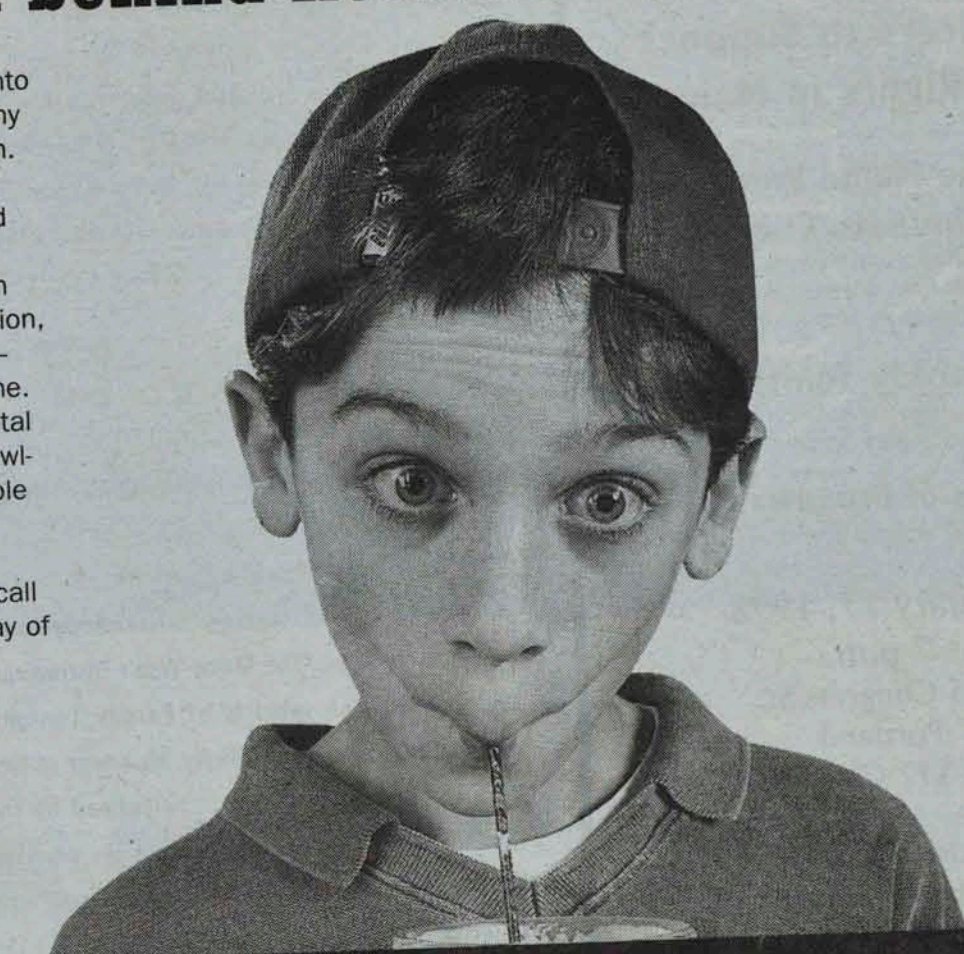
Better yet, if you call and make an appointment to have Road Runner installed before January 31, we'll waive the installation charge — a \$79.95 value.



775-3431

e-mail: [info@twmaine.com](mailto:info@twmaine.com)  
website: [www.maine.rr.com](http://www.maine.rr.com)

Some restrictions may apply. Road Runner, character, name, and all related indicia are trademarks of Warner Bros. © 1997





**The Guitar Studio**

New Guitar! Or is your guitar collecting dust?  
**WHY NOT LEARN TO PLAY IT!**  
 JAZZ • BLUES • ROCK • COUNTRY  
 MUSIC THEORY  
 Beginner to Professional  
 20 yrs. teaching experience  
 also... kids guitar lessons  
 Bass Lessons • Guitar Repairs  
 WESTERN PROM, PORTLAND  
**773-3444**

**The CLAY CAFE**  
 POTTERY PAINTING  
 A Contemporary Studio  
 Where You Are The Artist!

Splash a little  
 color on this drab  
 wintry world

Start with our preformed  
 white pottery, paint your own -  
 returned for a glazed and  
 fired piece!

**775-3004**  
 26 Free Street, Portland  
 Tues. - Fri. 11-8 • Sat. 10-6 • Sun. 12-5

The First Parish  
 in Portland  
 Unitarian Universalist  
 Church

**A Concert to Support  
 Civil Rights in Maine**

**"The Maine Won't  
 Discriminate Chorus"**  
*(featuring members of  
 The Maine Gay Men's Chorus and  
 Women in Harmony)*

**"Parody Tonite"**  
*(formerly the  
 Casco Bay Steppes)*

**"Bits of Broadway"**  
*(from the Portland Lyric Theater)*

January 17, 1998  
 7 p.m.  
 425 Congress St.  
 Portland  
 Adult: \$12 Children \$6

**Tickets @ Door  
 Drop Me A Line  
 I Love Flowers  
 CD Authority**

**c a l e n**

Is it or  
 isn't it?  
 A photo of  
 Elizabeth  
 Taylor in  
 PMA's  
 "Making It  
 Real,"  
 opening  
 Jan. 15.

**friday 16**

**REINDEER THEATER  
 COMPANY'S  
 "BATHROOM HUMOR"**

They're the other dysfunctional  
 family: co-workers. And  
 nothing brings out the  
 oddities of nine-to-fivers like  
 an office bash. In "Bathroom  
 Humor," presented by Arts  
 Conservatory Theater and Studio and  
 the Reindeer Theater Company, writers Billy Van  
 Zandt and Jane Millmore have created a menagerie of  
 pencil-pushing partiers, any one of whom can be  
 found lurking inside a cubicle near you. But for this  
 play it's the bathroom, not the office, where hijinks  
 transpire between the company coquette, the  
 pompous veteran, the impassioned lovers with the  
 not-so-secret affair and other characters a few note  
 cards short of a Rolodex. At ACTS, 341 Cumberland  
 Ave., Jan. 16-25. Fri. and Sat. at 8 p.m., Sun. at 2  
 p.m. Tix: \$10 (\$8 students and seniors). 761-2465.

**sunday 18 and  
 monday 19**

**MARTIN LUTHER KING CELEBRATION**

If you're scrambling to make plans for Martin Luther King Day, breathe easy:  
 The NAACP has an itinerary for everyone. On Sunday, choirs from in and  
 around Portland bring their talents together under one roof for the "Gospel  
 Extravaganza." The performance features Falmouth Congregational Choir, The  
 Whalers and Christ Church and Blackpoint Congregational Choir. Monday  
 begins with a wreath-laying ceremony on Monument Square at approximately  
 11:30 a.m., followed immediately by a march to the First Parish Church for an  
 interfaith service and social hour. "Gospel Extravaganza" at Chestnut Street  
 Church, 17 Chestnut St., at 6:30 p.m. Tix: \$5 (\$20 family of four). First Parish  
 Church is located at 425 Congress St. For more information, call the NAACP  
 at 776-7340.

**monday 19**

**"NEW PAINTINGS" BY MARTHA OATWAY**

Good news: There's some pattern to your chaos after all. Using gold and  
 copper foil on canvas, plus oil paint and oil sticks, artist Martha Oatway  
 shows that opposing concepts can and do exist together. Oatway mingles  
 shapes both rigid and flee-flowing, searching for the overlap between  
 freedom and discipline, the intuitive and cognitive, the organic and inorganic  
 and other unlikely bedfellows, taking the viewer on a journey through the  
 known and unknown. Oatway's work shows through Feb. 20 at the USM Area  
 Gallery, Portland Campus Center. Hours: Mon.-Thurs. 8 a.m.-10 p.m., Fri.  
 8 a.m.-5 p.m., Sat. 9 a.m.-5 p.m. 780-5009.

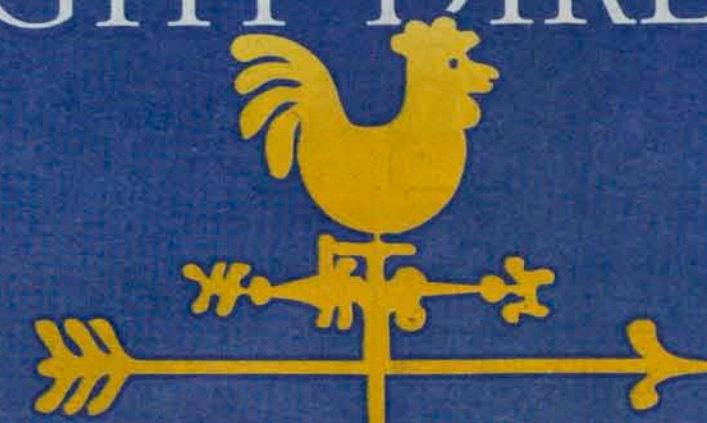
**saturday 17**

**CIVIL RIGHTS BENEFIT CONCERT**

To paraphrase Ezra Pound, winter blows. Fight off  
 the chills with three steaming bowls of entertainment  
 at the Civil Rights Benefit Concert. The Maine Gay  
 Men's Chorus and Women in Harmony unite  
 windpipes to form "The Maine Won't Discriminate  
 Chorus" and the satirists of Parody Tonight!  
 contribute their noted wit. Finally, it's a taste of New  
 York in "Bits of Broadway," performed by the  
 Portland Lyric Theater. A portion of the proceeds  
 benefits Maine Won't Discriminate. At First Parish  
 Church, 425 Congress St., at 7 p.m. Tix: \$12 (\$6  
 kids). 773-5747.

**Submissions for the  
 calendar must be  
 received in writing by  
 the Thursday two weeks  
 prior to publication.  
 Send your calendar  
 listings to Allen L.  
 Dammann, Casco Bay  
 Weekly, 561 Congress  
 St., Portland, ME  
 04101.**

START OFF 1998 IN  
 THE RIGHT DIRECTION.



# THE MAINE HOME & REMODELING SHOW

**JANUARY 16th, 17th & 18th, 1998**



**CUMBERLAND COUNTY CIVIC CENTER  
 PORTLAND, MAINE**

Presenting Sponsors

**Casco Bay  
 Weekly**

**WPOR  
 101.9  
 TODAY'S COUNTRY**



A presentation of Dickson & McGonigle, Inc., (603) 356-7750



**STAINED-LEADED-BEVELED GLASS**

restoration and design of fine art glass windows since 1976

Custom Designed Lamps and Windows  
Repairs and Restorations  
Sky Lights - Room Dividers - Entryways**Phoenix Studio**

630 FOREST AVENUE PORTLAND, ME 207-774-4154

**NORTH AMERICAN MORTGAGE COMPANY****DON'T MISS THE BOAT!**

Rates are low, time to think...

**REFINANCE YOUR HOME!!**

- If you missed out on low interest rates last time around, you're in luck. Interest rates are at 20-year record-lows.
- With one short phone call to the North American Mortgage Professionals, you can find out how much you'll save!

Call Mary Miller Today!!

1-888-774-9863

**MAINE HOME & REMODELING SHOW...**

January 16-18...

Cumberland County Civic Center



If the cold and snow of a Maine winter have you looking forward to spring, then it must be time for the 8th Annual Maine Home & Remodeling Show (formerly the Portland Home Show), scheduled for Friday through Sunday, January 16-18 at the Cumberland County Civic Center in Portland.

Once again offering a cornucopia of contractors, decorators, artisans, building supply retailers and designers, this is the show that offers home owners

the opportunity to talk first-hand with over 100 home-related businesses, all under one roof.

And as usual, show-goers will be treated to a full menu of events and exhibitions, from home improvement demonstrations and do-it-yourself seminars, to art classes and entertainment for the whole family.

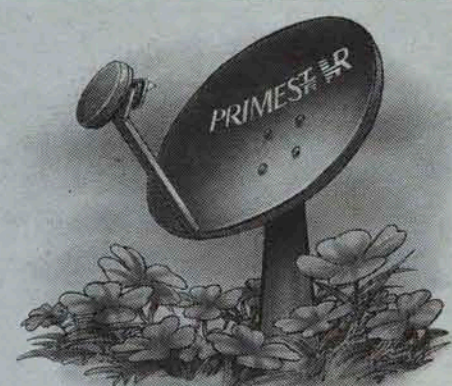
**HOME-RELATED ART PRODUCTS**

With family entertainment a major component of the event, an added bonus for this year's attendees are demonstrations in window decorating, stenciling, faux painting and antiquing. "We've continued to see the popularity of art-in-the-home growing steadily, as well as interest in acquiring quality home-related products, and in learning how to create them," notes Cyndi Dickson, co-producer of the Maine Home & Remodeling Show, and also one of the principals of Dickson & McGonigle, Inc., organizers of the popular event. Included in this year's show are Country Corner Crafts, along with ongoing demonstrations in faux painting, presented by Essentrics, of Hollowell.

**SAVING TIME AND MONEY MAKES DOLLARS AND SENSE**

The real focus of the program continues to be home-related, with the emphasis on giving attendees the opportunity to learn how to save time and money on their next home improvement project."

Many of the region's most-reputable contractors and home building suppliers are here," stresses Karla McGonigle, co-producer. "You can do a month's worth of research in a couple of hours ... and have fun with the entire family while you're doing it. And with the current

**THINK FOR YOURSELF****WANT MORE ENTERTAINMENT? DON'T WANT TO BUY A SATELLITE DISH TO GET IT?****THIS IS YOUR LUCKY DAY.**

With PRIMESTAR®, you get programming, maintenance and all the equipment you need, starting at about a dollar a day.\* And you don't have to buy the dish. No other company has this to offer. But that's not all. You get up to 160 channels that are grouped by program category. So you can always find what you want to watch. You should be feeling luckier already. **PRIMESTAR®** THE BEST VALUE IN SATELLITE TV.

**1-800-PRIMESTAR****The Lighthouse Package****Get a spectacular view of your world!**

- Everything in the Bridge Package
- Ten additional channels, including The History Channel, Animal Planet, and ESPN 2.
- One AXS Link (our home communications terminal).
- Interactive Programming Guide
- Access to nine channels of Pay Per View. (Pay Per View programming priced separately.)
- Program Timer
- Remote Control
- Volume Control
- Seven Information Channels
- Parental Channel Lock
- Favorite Channel Recall
- Last Channel Recall
- On-Screen information
- Add AXS Links to other television sets in your home for only \$3.63 per Link per month. Then you can enjoy the Lighthouse views from any where in your home.

**\$35.60 per month\*, a savings of \$4.60 over a la carte prices**

\*Price does not include tax or franchise fees which will vary depending on where you live in Greater Portland.

**775-6543**

Customer service lines are open until 11pm 7 days a week.

**An Open Invitation... To Come Home!**

You are cordially invited to view an extraordinary home by Kuhns Bros. Log Homes. It has been carefully designed and individually crafted for people who want that very special place to call their own. Kuhns Bros. is your best log home value offering unsurpassed service and support plus a host of lifetime benefits such as:

- Name-brand Components • Kiln-dried Logs and Beams
- "No-shop Guarantee" • Free Construction Workshop

**See us at the Portland Home Expo:**

January 16, 17 &amp; 18 and at our

Open House on January 24.

Come Home to Kuhns Bros.

**Kuhns Bros.**  
LOG HOMES INCORPORATED

Robert & Debora Manzi,  
Authorized Representatives  
P.O. Box 787,  
93 Foresters Circuit  
Cape Neddick, Maine 03902

**(207) 351-2912**



**Partial Exhibitor List**

- |                                    |   |
|------------------------------------|---|
| 100E American Profiles, Inc.       | 226 American Express Financial Advisors |
| 102 American Profiles, Inc.        | 228E The Step Guys                      |
| 104 American Profiles, Inc.        | 117 Kuhns Bros. Log Homes               |
| 106 GMAC Mortgage Corp.            | 115 Crystal Clear Water Treatment, Inc. |
| 110 Redberry Specialty Foods       | 113E Starbird Piano & Organ             |
| 112 Redberry Specialty Foods       | 109 PaineWebber                         |
| 114 Palmer's Medical Magnets       | 107 House Calls, Inc.                   |
| 118 Eastern Shore Home Improvement | 105 Top Brite International             |
| 120 Eastern Shore Home Improvement | 103 Prestige Pools                      |
| 121 Head Sokz                      | 202 Prestige Pools                      |
| 122 Maine State Housing Authority  | 204 Mark Stimson Realtors               |
| 124 Normand Berube Builders, Inc.  | 206 Peoples Heritage Bank               |
| 126 Solar Design & Construction    | 208 Glenwood Building & Remodeling      |
| 128 Martin's Country Homes, Inc.   | 212E Starbird Piano & Organ             |
| 130 Country Corner Crafts          | 214E Hometown Home Improvement          |
| 129E Westbrook Pool & Spa          | 216 Hometown Home Improvement           |
| 127 Waterloo Gutter Protection     | 229E Blue Rock Industries               |
| 125 Newpro Windows                 | 227 Blue Rock Industries                |
| 123 Electrolux                     | 225 Coldwell Banker Harnden Beecher     |
| 119 Mainely Tubs                   | 221 Cellular One                        |
| 218E Mainely Tubs                  | 217 Darling Bunk Beds                   |
| 219 Grandpa's Garden               | 215E Darling Bunk Beds                  |
| 220 Lindal Cedar Homes             | 213E Habitat Post & Beam                |
| 222 Lindal Cedar Homes             | 211 Japanese Wellness                   |
| 224 Fleet Mortgage/Fleet Bank      | 209 Waddell & Reed Financial Services   |
|                                    | 207 Maine Trading Post Furniture        |
|                                    | 203 Maine Trading Post Furniture        |

**DAILY DEMOS FROM BLUE ROCK STONE CENTERS!**

**SIGN UP TO WIN!**

FREE BUNK BEDS FROM DARLING BUNK BEDS  
NEW STATE-OF-THE-ART MAYTAG WASHER/DRYER FROM DOWNEAST APPLIANCE  
100 GALLONS OF HEATING OIL FROM CARON & WALTZ  
FREE FUTON FROM BEDDERREST  
FREE SKI PASSES FROM OVER 10 SKI AREAS IN MAINE & NH!



# THE MAINE HOME & REMODELING SHOW

JANUARY 16th, 17th & 18th, 1998

**ONGOING DEMONSTRATIONS  
FAUX PAINTING  
STENCILING  
ANTIQUING  
BY ESSETRICS  
OF HALLOWELL, MAINE**

**MAGIC SHOWS FOR  
THE KIDS FROM THE  
AMAZING VAN DINI!**



**CUMBERLAND COUNTY CIVIC CENTER • PORTLAND, MAINE**

**SHOW HOURS: Friday 4-9, Saturday 10-9, Sunday 10-5**

**Admission \$4, Seniors 65+ \$3, Kids under 12 FREE!**

*If you suffered damage from the ice storm and cold of '98, get the advice and help you need from the experts at this show*

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 201E Maine Trading Post Furniture   | 400E Commotions                  |
| 300E Maine Trading Post Furniture   | 402 Prudential                   |
| 302 Maine Trading Post Furniture    | 406 Sisco Enterprises            |
| 306 Maine Trading Post Furniture    | 410 Downeast Appliance Center    |
| 308 Moosehead Cedar Log Homes       | 412E Downeast Appliance Center   |
| 310 New England Structures          | 420 Katahdin Log Homes           |
| 312 New England Structures          | 422 Jeff Preble Concrete         |
| 314E Spa & Tub Depot                | 424 Jeff Preble Concrete         |
| 316 Spa & Tub Depot                 | 428E Maine Table                 |
| 318 Sentry Protective Systems       | 431 Kirby Center of Maine        |
| 320 Dependable Waterproofing        | 431E Kirby Center of Maine       |
| 324 Jacks Gourmet Pickles & Relish  | 427 New England TV Satellite     |
| 326 John Hancock Financial Services | 425 DK Family Learning           |
| 328E A.B.E.S.T. Windows             | 421 GIA Mortgage                 |
| 604 Caron & Waltz                   | 417 Wally Jay Staples, Builders  |
| 608 Caron & Waltz                   | 415 Wally Jay Staples, Builders  |
| 329E New Dimension Homes, Inc.      | 413 The Amazing Van Dini         |
| 323 Student Painters                | 411 Mead Paper                   |
| 321 Keiser Industries               | 409 JRA Marketing                |
| 317 Durfee's Carpet                 | 407 Blackman Candies             |
| 315E Durfee's Carpet                | 401E Natural Health Care         |
| 313E Bedderrest                     | 508E Maine Window & Siding       |
| 311 Bedderrest                      | 506 Maine Window & Siding        |
| 307 International Super Roof        | 504 WPOR Radio 101.9             |
| 305 International Super Roof        | 502 Health Craft & Cooking Show  |
| 303 All Safe Alarm Protection       | 500E Health Craft & Cooking Show |
| 301E Vacation Marketing Industry    | 101E Health Craft & Cooking Show |
|                                     | 200E Health Craft & Cooking Show |



## The Best Way To Lose Weight And Stay In Shape!



Working out on a StairMaster® stairclimber for just 20 minutes a day, 3 times per week, is one of the best ways to stay in shape and add years to your life. With an ongoing workout program on your StairMaster stairclimber, you can experience these extraordinary benefits:

- Lose weight and keep it off
- Lower your cholesterol level
- Sleep better
- Reduce your risk of heart disease
- Reduce stress
- Relieve lower back pain

FOR YOUR FREE VIDEO AND CATALOG, CALL  
**1-800-782-4799**  
DEPT. 596

## Old House Architectural Curiosities

AND NEW, TOO...



**CLAW FOOT TUBS...** double ended, slipper end most unusual! New or Pleasantly Used "Accessories."

**CHOICE SINKS TO CHOOSE FROM** for an elegant revival of the faucet look us up!

**MEDICINE CABINETS** 3 SHELF CHERRY SHAKER STYLE, SHARP CLEAN OIL FINISH, MIRROR FRONT, 2 SIZES TO SUIT YOUR NEED!

**LIKE STANDING IN THE RAIN... LARGE SHOWER HEADS.** Different Sizes and styles, textures too!

**DE-COR-UM.** 231 COMMERCIAL ST. PORTLAND, ME 04101 (207) 775-3346 (207) 775-3038 FAX

## MAINE HOME & REMODELING SHOW...

January 16-18...  
Cumberland County Civic Center

time to begin talking to contractors ... scheduling those projects before they get booked for the busy spring and summer construction season.



### HOME FINANCING & EQUITY LOANS ARE POPULAR TOPICS

And, as in past years, learning how to pay for and protect these home improvements is all part of the Maine Home & Remodeling Show's program, with representatives from the area's leading lending institutions, mortgage companies and insurers on hand.

Typical of some of the exhibitors offering financial services are Paine Webber, Maine State Housing, People's Heritage Bank, Fleet Mortgage, GIA Mortgage, American Express Financial Advisors, along with John Hancock and Prudential Insurance Companies. These exhibitors allow attendees to learn first-hand about the home-financing products available on the market today, enlisting the help and expertise of professional mortgage brokers who can save the average home-buyer not only money on interest and points, but also time in trying to find the best product or service. Attendees will be able to shop for the most competitive interest rates, and talk with representatives about some of the creative financing programs currently offered for the first time home-buyer, as well as for the seasoned home owner.

### REAL ESTATE PROFESSIONALS ARE ON-HAND...

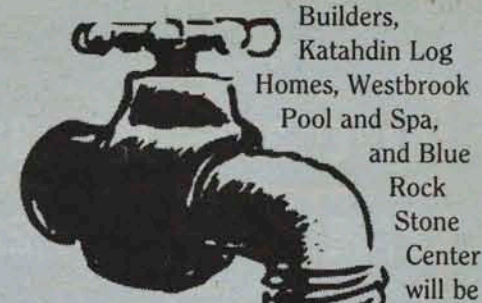
With the home-buying market heating up, families from across the state can

avail themselves of the professional expertise of real estate brokers who will have some of the area's most up-to-date home finding technology available at the show. Participating REALTORS include Mark Stimson Real Estate and Coldwell Banker Harnden.

### HOME REMODELING IS ALWAYS IN DEMAND

All aspects of home-building and remodeling are covered at the Maine Home & Remodeling Show. In addition to contractors and suppliers, a full roster of interior decorators, furniture, lighting, flooring specialists, window manufacturers, kitchen cabinet suppliers, pool installers, modular home manufacturers, log home builders, and plumbing, heating and cooling experts are available.

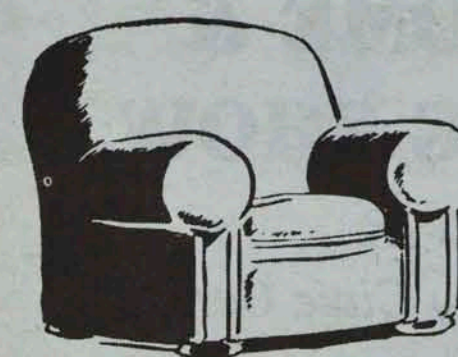
Included in this year's program are Eastern Shore Home Improvement, Normand Berube Building, Martin's Country Homes, Habitat Post & Beam Homes, Lindal Cedar Homes, Great Falls



Builders, Katahdin Log Homes, Westbrook Pool and Spa, and Blue Rock Stone Center will be displaying the versatility of granite in the home, with demonstrations of heat and abrasion resistance, ease of maintenance, and the cost-effectiveness of home installation.

One of the show's newest product lines is the patented Waterloo Gutter Protection System. The Waterloo panel is designed to prevent the roof from coming in contact with ice and water, eliminating rotting of shingles and plywood.

"You'll never clean your gutters again ... guaranteed!" states Lloyd Lawrence, of Maple Hill Gutter Protection Systems of Freeport, the local authorized dealer for Waterloo products. The Waterloo system delivers peace of mind by first capturing all of the rain water, and then rejecting debris that can cause clogging. And by eliminating contact with the roof, you also eliminate the leading cause of roof damage.



### HOME FURNISHING PRODUCTS THAT MAKE A HOME

One of the easiest ways to begin a home improvement project is to use a professional to help with the planning. This year's show-goers will have a wide selection of home furnishing professionals from which to choose. Special emphasis is given to the unique, with exhibitors that include Mainely Tubs, Maine Trading Post, All-Safe Alarm Protection, Spa and Tub Depot, with Downeast Appliance awarding one lucky attendee a new Maytag washer and dryer as part of their show promotions.

David Darling of Darling Bunk Beds of Scarborough will be displaying some of his latest designs of space-saving furniture, and will be offering one of his one-of-a-kind Paul Bunyan Bunk Beds as a promotional give-away for show-goers only.

"What is the safety of a child worth to a parent?" asks Darling. "We are a direct-to-the-consumer manufacturer of custom-designed, country-style home furnishings, with the emphasis on creating designs that are both attractive and functional, and safe for all family members."

Located on the Gorham Road (Rte. 114), Darling's factory show room specializes in affordable, solid wood designs. "Whether it's beds or bed stands, bureaus or bunk beds, we offer the value and affordability that you can't find in department stores today. It's that simple."

### ENERGY-EFFICIENCY

"Energy-efficiency is always a big theme at the show," emphasizes McGonigle, "and this year is no exception. The newest lines of energy-efficient doors, windows, insulation, furnaces and building techniques are on display. Show-goers can ask questions of a wide variety of dealers, gather

information, quotes, brochures and pamphlets ... and take it all with them so they can do the research in the comfort of their own home."

Included in the line-up of energy-efficient product vendors is Newpro Windows, Solar Design and Construction, Terma Home Systems, A-B.E.S.T. Windows, Supafu, and Maine Window and Siding.

Alpine Industries adds a new dimension to energy-efficient home improvement with a unique system of electronic air purification. Headquartered in Greenville (TN), Mark Sisco is the local area distributor, offering a non-filtration system that uses no chemicals.

"The Alpine system does nothing more than reproduce fresh air electronically indoors," stresses Sisco. "It's a radio frequency ionization process, similar to the way nature works after a thunderstorm. And, it's all done with a household appliance that is the size of a toaster oven."



### FAMILY SCHEDULES MEET AT THE HOME SHOW

If you've already started to make plans for this year's Maine Home & Remodeling Show, keep this in mind. With today's family's busy schedule in mind, the Maine Home & Remodeling Show's many and varied features have been orchestrated to make sure that the whole family can enjoy everything this production has to offer.

### MAINE HOME & REMODELING SHOW

How best to enjoy this year's Maine Home & Remodeling Show?

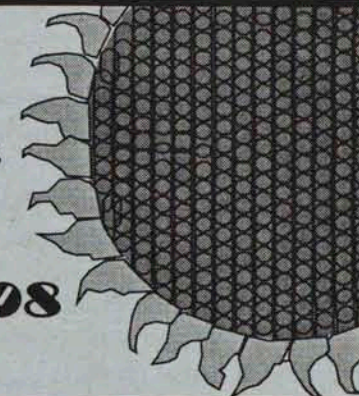
"Healthcraft's famous Cooking Show is my favorite," notes Dickson. "It goes on throughout the weekend, and I've been able to walk out of each and every

## Think spring!

Winter Walks & Woodscape Development  
Horticultural Landscaping

Yes, you can start your garden plans now!

**Greensod Inc. 874-0898**  
**John R. Rancourt**



## LOWEST RATES. HIGHEST SERVICE. WIDEST ARRAY OF PROGRAMS.



MORTGAGE RATE HOT LINE

**878-7770**

Toll Free 1-800-370-5222  
Detailed Info and Rates on the Internet at  
[www.mainehome.com](http://www.mainehome.com)  
Mention This Ad and Receive \$150.00 Off Closing Costs  
1321 Washington Ave. Portland, ME 04103



### Brand New - Falmouth - \$329,000

(BELOW MARKET FINANCE RATE FROM FIRST PORTLAND MORTGAGE)

Impressive new home with dramatic 9 foot high ceilings, Transom windows, hardwood floors, granite counter tops, 3 full baths, den, upstairs laundry room, big family room with stone fireplace, beautiful master suite plus 3 more big bedrooms. Great location.

New Home Realty 878-7770



### Traditional Chinese Wedding Chest

circa 1850

Elm & Camphorwood

unique & beautiful  
furnishings from around the world

### MOHR & McPHERSON

Lovell Hall

Unique Furniture, Antiques and Accessories

463 Fore Street • Portland, Maine 04101

207-871-1868 • Fax 207-854-1691

Mon-Sat 10-5  
Sundays and evenings by appointment

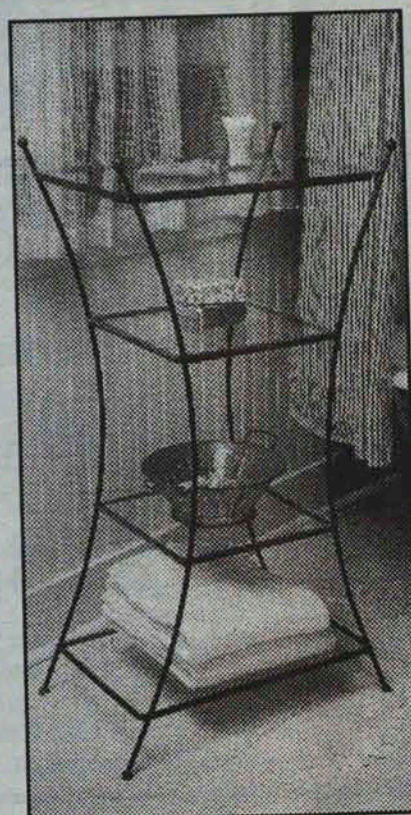


## ARE YOU LOOKING TO BUILD OR REMODEL YOUR HOME?

*Elegant Homes*  
in Saco offers:

- Architectural Consultation & Drafting
- Kitchen Cabinets & Countertops w/installation
- Sinks & Faucets
- Bathroom Fixtures
- Appliances
- Vinyl, Carpet, Ceramic Tile, Hardwood
- Free Quotes

**Elegant Homes**  
885 Portland Road,  
Saco, Maine 04072  
207-282-1800  
1-800-734-5554



**SHAPE UP**  
with a Magnolia table from

**Motifs**

425 Fore Street, Portland — 771-7900  
In the Old Port



## MAINE HOME & REMODELING SHOW...

January 16-18...  
Cumberland County Civic Center

show with at least one cooking tip, or an idea that makes sense. Yet, it doesn't cost a cent. It's all part of the admission price."

In addition, show favorites such as Top Bright Brass Polish will be on-hand to entertain spectators with their whirlwind chatter and fun-for-all demonstrations of some of their newest products, and as always, with some great show discounts.

Family members of all ages will enjoy stopping by the DK Family Learning booth to sample some of the award-winning books and videos from America's #1 Education CD-ROM Publisher. Discounted up to 30% from bookstore prices, with hundreds of exclusive titles, DK Family Learning offers an opportunity for people who care about education and desire flexibility.

New this year is Natural Health Care Counseling, offering eye analysis as a way of achieving optimum health. Structured around the science of iridology, Natural Health Care Counseling strives to provide the knowledge to prevent disease.

"By first analyzing the eye, we can then put together a natural herbal program to support a person's individual needs," notes Gary J. Proulx, N.H.C.C., of Orrington. "Along with this, we use kinesiology to assure the recommendation of the proper herbs. Good health will come to any person who actively follows this kind of herbal program."

### SPECIALTY FOODS ARE NEW

From the kitchens of the region's finest chefs comes a selection of specialty foods that continues to grow each year. An expanding sector of the marketplace, area food preparers are finding their niche in the ever-expanding world of specialty foods, with exhibitors that include Blackman's Candies, Redberry Specialty Foods, and Jacks Gourmet Pickles & Relish of North Yarmouth, manufacturers of the ... "Pickle with the Tickle."

### PRIZES, SOUVENIRS, SKI TICKETS ... AND MORE!

Attendees are also able to win additional prizes at the individual booths, as well as take advantage of show specials, which are unusually deep discounts on products and services demonstrated at the event. Many exhibitors distribute coupons during the show which give attendees added values on purchases made at the show. And, the representatives of the Maine and New Hampshire Ski areas will be on-hand with free ski tickets. The '97 Maine Home & Remodeling Show drew over 8500 home owners and visitors, with this year's projections nearing the 10,000 mark. Handicapped access is available, with ample aisle space for easy access to all of the exhibits.

**Maine Home & Remodeling Show hours are:** Friday, January 16, 4-9 PM; Saturday, January 17, 10 AM - 9 PM; Sunday, January 18, 10 AM - 5 PM. Admission: \$4 for adults, \$3 for senior citizens (65 and over), and children, 12 and under are free. Plenty of indoor parking is available at the Civic Center's parking facility. For a complete schedule of events, call Dickson & McGonigle at 603-356-7750.

## d a r wednesday 21

### PMA'S "REALITY UNDER SIEGE" WITH SANDY SKOGLUND

Fact is stranger than fiction — but is it necessarily truer? One answer to that question is in Sandy Skoglund's lecture, "Reality Under Siege." Like the 30 other artists whose "faux-tographs" constitute "Making It Real," a new exhibition at the Portland Museum of Art, Skoglund questions the objective nature of her camera and the reliability of the images it produces. She specializes in photographing life-size arrangements of bizarre figures — party-goers in a room constructed of cheese curls, for example. In her lecture, Skoglund exposes the process behind these creations while demonstrating that reality can be fashioned to present an unreality. Or is it vice-versa? Reception at PMA's Great Hall, 7 Congress Sq., at 5 p.m. Lecture at the Holiday Inn By the Bay, 88 Spring St., at 6 p.m. Tix: \$8 (\$6 members). 775-6148.

### USM'S "AFRICA: A CONTINENT REVEALED"

With such luxuries as the Internet and the geo-positioning satellites to give us step-by-step directions, we tend to forget the headache that came with mapping the globe — most of it by hand. As a reminder, USM's Osher Map Library presents "Africa: A

Continent Revealed," a visual history of the cartographic courage that went into putting 11,677,239 square miles on paper, beginning with Ptolemy's 1513 atlas and proceeding through the elaborate maps of the CIA. It's a unique look at the past that is sure to reveal as much about European bias as perseverance. As for finding the library, you're on your own. "Africa: A Continent Revealed" shows through May 16. At USM's Osher Map Library, 314 Forest Ave. Hours: Wed. 1-4:30 p.m. and 6-8 p.m., Thurs. 9 a.m.-12:30 p.m. and 1-4:30 p.m., Sat. 9 a.m.-12:30 p.m. 780-4850.

### quick picks

JAN 16 • Don't let fear of the dark stop you from skiing after sunset. At the Family Cross-Country Ski and Picnic, your whole crew can glide along candlelit paths, then stop to warm up with food you've cooked on the hibachi. At Beech Ridge Farm and Cross-Country Ski Center, 193 Beech Ridge Rd., Scarborough, from 6-9 p.m. Cost: \$10 per person (additional cost for rentals). To register, call 874-8793.

JAN 17 • Get 4-for-1 at the opening reception for "Color Markings," an exhibit of oil pastels by Paul Plante, acrylics by Joan Murray and oils on linen with gold leaf by Mary Ruth Hedstrom, plus a window installation featuring a sculpture by Dana Raymond. At Davidson & Daughters Contemporary Art, 148 High St., from 5-7 p.m. Shows through Feb. 7. Hours: Tues.-Sat., 11 a.m.-5 p.m. 780-0766.

JAN 18 • Crumple up the paper footprints taped to your kitchen floor and learn how to ballroom dance with champions Michelle Officer and Ed Simon, winners of every major competitive ballroom title in North America. At Maine Ballroom Dance, 614 Congress St., from 6-8 p.m. Cost: \$10 per hour. 773-0002.

Turn Right

at Egypt:

USM's

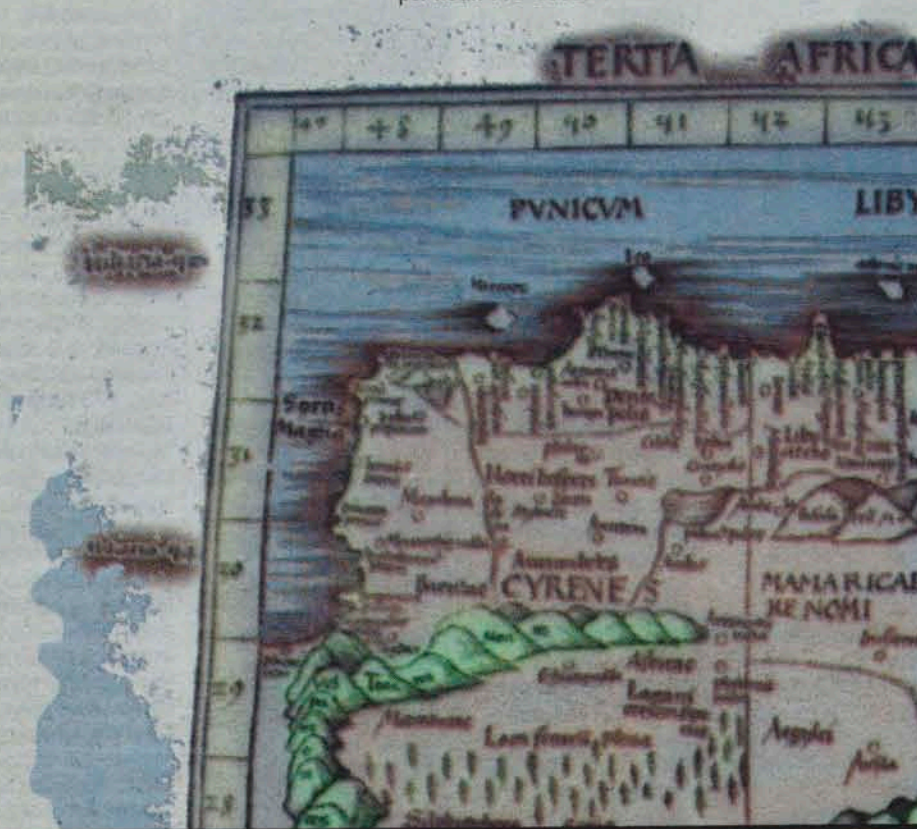
"Africa:

A Continent

Revealed"

opens

Jan. 21.



**S**torytelling  
for  
Prevention

**Training for Therapists,  
Educators and other  
helping professionals**

- Learn to use stories with individuals, groups and families
- Discuss the importance of stories
- Learn to be a Storyteller

January 27th, Feb. 11th, March 4th

F.M.I. Call Day One (An Adolescent Substance Abuse Agency) @ 767-0991

**THAI MASSAGE**  
open 2-10, earlier or later by appt.  
**Portland Hot Tubs & Massage**  
30 Market St., Portland • 774-7491

Reindeer Theatre Company presents  
**Bathroom Humor**  
by special arrangement with Samuel L. French, Inc.  
January 16 - 25, 1998  
761-2465 for reservations  
\$10/Adults \$8/Seniors & Students  
Call ACTS for a brochure about  
Classes Workshops Performances  
Arts Conservatory Theater & Studio  
341 Cumberland Ave. Portland  
(207) 761-2465  
"We're a busy place, here at ACTS!"

Many States Don't Legally Recognize All Relationships — But  
You and Your Partner Can Still Protect Some Important Rights

**DOMESTIC PARTNER  
PACKAGE, FOR  
ESTATES VALUED  
UNDER \$100,000  
INCLUDES THE  
FOLLOWING:**  
Will, Living Will, Power  
of Attorney, Domestic  
Partner Agreement  
Flat Fee \$725  
Evening & weekend  
appointments available.  
Home visits also available.  
Fees for other services  
upon request.

**Marino & Joyce**  
Attorneys &  
Counselors at Law

- Legal services within your means
- Initial consultation without charge or obligation

Edwin Marino, Jr., is admitted to practice law in New Hampshire, Massachusetts, The District of Columbia and Texas

Mark C. Joyce is admitted to practice law in Maine and California

Meadowbrook Plaza 1-800-917-4800  
York, Maine (207) 363-4800  
Email: marinjoy@gwi.net Fax: (207) 363-4101

**MERRILL AUDITORIUM at City Hall**  
A Place for Everyone  
20 Myrtle Street, Portland, ME

Sunday, January 25  
8:00 p.m.

**B.B. King**

Presented by Big World Productions  
w/ Jimmy & The Soul Cats

Saturday, January 31  
3:00 & 8:00 p.m.

**PCA Great Performances**  
**A Chorus Line**

For tickets or ticket information, please call the PortTix Box Office at (207) 842-0800. PortTix is open Monday through Saturday, from noon to 6:00 PM. Events are subject to change. For additional information call the Public Assembly Facilities Division, City of Portland, (207) 874-8200.



Re-opening Friday  
January 16th

**Now Open  
for  
Breakfast**

Wed., Thurs., Fri. 7am-11am  
Sat. 8am-12pm  
Sun. 9am-2pm (as usual)  
Dinner Wed.-Sat.

**UFA**

190 State St. - Portland, ME - 04101 - 775-3380

**Molière's**  
*the jealous husband  
& the flying doctor*

UNTIL  
Jan 25

Sponsored by  
Talk America

Season Sponsors:  
L.L. Bean  
Tufts Health Plan

translated by Albert Bermel

"Molière deflates the pompous, delights  
the eye and tickles the funny bone."

—Portland Press Herald

**Portland  
Stage  
Company**  
207-774-0465  
25A Forest Ave

**TAGHeuer**  
SWISS MADE SINCE 1860

The S/ol Series.  
Water-resistant to  
200 meters.

**SPRINGER'S**  
Trusted Jewelers 127 Years

Downtown Portland • 580 Congress St. 04101 • 772-5404  
Mon. through Sat. 9:30 - 4:00 Thursday 9:30 - 8:00

For truly fine jewelry, you've got to come downtown

Feb 14

**performance**

**center stage**

Cloning may be the latest rage among scientists, but uniformity has no place in the **Orion Ensemble**, formed in 1993 by guitarist Mark Kleinhaut and bassist Sam Sherry. In fact, the diversity of backgrounds may be the ensemble's greatest asset. Boasting collective experience that includes published jazz writing by trombonist Scott Reeves, original compositions by pianist Scott Oakley and drummer Steve Grover's performances with such greats as Dizzy Gillespie and Anthony Braxton, the group isn't afraid to pursue a variety of musical avenues — producing a charismatic and vibrant sound. The Orion Ensemble performs as part of the Oak Street Theatre's World of Music series, sponsored by WMPG. Jan 21 at Oak Street Theatre, 92 Oak St, Portland, at 7:30 pm. Tix: \$6. 775-5103.

#### dance

**"Cinderella"** Jan 23-Feb 1. The fairy tale of charmed pumpkins and princes comes to life. At the Centre of Movement, School of Performing Arts, 19 State St, Gorham. Jan 23 and 31 at 7 pm. Jan 24, 31 and Feb 1 at 3 pm. For more details, call 839-3267.

**Gorham Community Ballet Concert** Jan 24. The ballet presents the classic love story of heart over body hair, "The Beauty and the Beast," plus "The Willis" from Act II of "Giselle." Younger dancers perform acrobatics in "At the Circus," complete with trained poodles and horses, and the psychedelic decade get its own tribute in "Salute to the '60s." At the Performing Arts Center, Gorham High School, Gorham, at 4 pm. Tix: \$5-\$7.

#### music

**B.B. King** Jan 25. After 50 albums, five Grammy awards and induction into the Blues Foundation Hall of Fame, the king of that sweet sad stuff is going as strong as ever. Now the master of Lucille plays with local faves Jimmy and the Soul Cats. At Merrill Auditorium, Portland, at 8 pm. Tix: \$40. 842-0800.

**Civil Rights Benefit Concert** Jan 17. Several local groups pitch in their pipes, including the Maine Won't Discriminate Chorus (composed of members of the Maine Gay Men's Chorus and Women in Harmony), Parody Tonight! (formerly the Casco Steppes) and "Bits of Broadway" from the Portland Lyric Theater. A portion of the proceeds benefits Maine

Won't Discriminate. At First Parish Church, 425 Congress St, Portland, at 7 pm. Tix: \$12 (\$6 kids). 773-5747.

**Douglas Hill** Jan 22. Composer and hornist Douglas Hill, along with the USM Faculty Brass Quintet and the USM Chamber Singers, performs original works, including "Timepieces for Brass Quintet" and "Jazz Suite for Unaccompanied Horn." Hill is an artist-in-residence at USM. At Corbett Concert Hall, USM campus, Gorham, at 8 pm. Tix: \$4 (\$2 students and seniors). 780-5555.

**"English Baroque Masters"** Jan 25. The Choral Art Camerata joins the Portland Symphony Orchestra in a concert featuring works by Purcell and Handel. At Portland High School Auditorium, 284

Cumberland Ave, Portland, at 2 pm. Tix: \$29-\$39. 842-0800.

**Gospel Extravaganza** Jan 18. The NAACP hosts a number of choirs in celebration of Martin Luther King Jr. Day, including Green Memorial, Williams Temple, Full Circle and more. At Chestnut Street Church, 17 Chestnut St, Portland, at 6:30 pm. Tix: \$5 (\$20 family of four). 773-3696 or 883-9764.

**"A Joyful Noise"** Jan 24. Composer Gary Hines and organist Billy Steele, two of the creative forces behind the Minneapolis group Sounds of Blackness, have joined talents with local community and church singers to form the Maine Mass Gospel Choir, which performs interdenominational and intergenerational music. The Silver Leaf Singers, a popular Boston

group that specializes in jubilee, also performs. Presented by PPA's Big Sounds From All Over House Island Project. At State Street Church, 159 State St, Portland, at 8 pm.

Elvis impersonators. At Arts Conservatory Theatre and Studio, 341 Cumberland Ave, Portland. Fri and Sat at 8 pm. Sun at 2 pm. Tix: \$10 (\$8 students and seniors). 761-2465.

**"Criminal Hearts"** Jan 15-Feb 8. Mad Horse Theatre Company presents a comedy where "The Odd Couple" meets "Mission: Impossible." Written by Jane Martin. At Oak Street Theatre, 92 Oak St, Portland. Thurs at 7:30 pm, Fri and Sat at 8 pm, Sun at 5 pm. Tix: \$18 (\$16 students and seniors). Sat night tix: \$20 (\$18 students and seniors). Tix: \$10. Jan 18 is pay-what-you-can. Jan 15 and 22 are 2-for-1. 775-5103.

**"The Flying Doctor" & "The Jealous Husband"** Jan 15-25. A pair of one-act plays by Molière, featuring Benjamin Stewart in the title roles. At the Portland Stage Company, 25A Forest Ave, Portland. Tues-Fri at 7:30 pm, Sat at 5 pm, Sun at 2 pm. Discussion follows performance Jan 18. Tix: \$18-\$29. 774-0465.

**Renaissance Voices** Jan 18. The 12-member a cappella choir performs works by Mantuan Jewish composer Salamone Rossi, as well as synagogue motets in Hebrew, solos.

**The Orion Ensemble** Jan 21. Oak Street Theatre's World of Music series presents a quintet of local jazz musicians. Sponsored by WMPG. At Oak Street Theatre, 92 Oak St, Portland, at 7:30 pm. Tix: \$6. 775-5103.

**Portland String Quartet** Jan 15. The Noonday Concert Series continues with PSQ performing works by Debussy, Haydn and Brahms. Presented by the Portland Conservatory of Music and First Parish Church. At First Parish Church, 425 Congress St, Portland, from 12:15-12:45 pm. Free. 775-3356.

#### theater

**"Bathroom Humor"** Jan 16-25. Reindeer Theatre Company and ACTS stage an office party. Written by Billy Van Zandt and Jane Millmore, the play incorporates all the staples of the paper-pushing lifestyle: stuffed shirts, flirts, love affairs and

with harpsichord accompaniment and Italian madrigals. At Temple Beth El, 400 Deering Ave, Portland, at 2 pm. Tix: \$5. 721-3040.

**Winter Cabaret** Jan 23-Feb 7. The Theater Project tickles Old Man Winter's funny bone with three one-act comedies. At Miller directs "The Universal Language," Lee K. Paige directs "Words, Words, Words," and Wendy Poole directs "Married Bliss." At the Theater Project, 14 School St, Brunswick. Fri and Sat at 8 pm. Tix: \$6. 729-8584.

## Sebago Seconds, Second to None.

Men's, Women's & Children's factory seconds & close-outs.

Men's & Women's factory seconds & close-outs. Dockside® Boat Shoes, Waterproof Outdoor Boots, Accessories & Apparel.



Men's & Women's factory seconds & close-outs. Classic Handsewn Loafers & Contemporary Casual Shoes.

**SEBAGO**  
WAREHOUSE STORE

55 Hutcherson Drive • Gorham, ME 04038

#### NEW HOURS

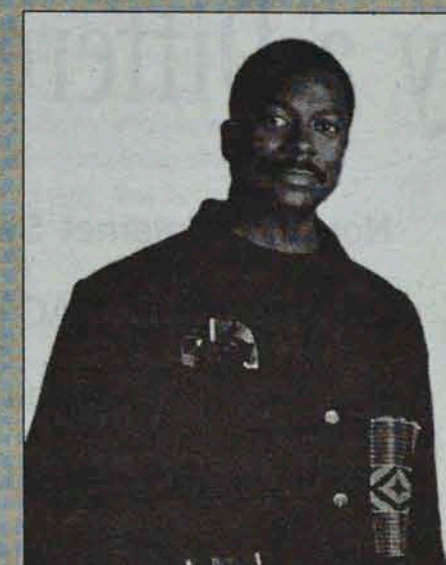
Thursday, 12 p.m. to 8 p.m. • Friday, 10 a.m. to 8 p.m.  
Saturday, 10 a.m. to 6 p.m.

From Westbrook, take Rt. 25 west toward Gorham. Pass Lake Region Furniture on the left. Take the next left into Gorham Industrial Park. The first right will be Hutcherson Drive. The warehouse store is located at 55 Hutcherson Drive, the last building on the right. Call 856-1484 for more information.



Big Sounds From All Over

## A JOYFUL NOISE An Evening Of Glorious Gospel



Gary Hines  
and Billy Steele  
of Sounds of Blackness  
The Silver Leaf Singers  
The Maine Mass Choir

Grammy-award winner Gary Hines leads the combined choirs of Maine's African-American churches. Special guests, the Silver Leafs, celebrate 53 years of harmonizing for Jesus.

Saturday, January 24

8:00 pm  
State Street Church  
159 State Street, Portland  
Tickets: \$15  
CALL (207) 761-0591  
or at Amadeus Music

Sponsored by: **Shop'n Save** COLE HAAN The Forecaster, Holiday Inn by the Bay, Lila-Wallace Reader's Digest Fund, WMPG, National Endowment for the Arts

## Acting...



## For Ordinary People!

Oak Street Theatre



School for the  
Performing Arts

Classes start January 26th

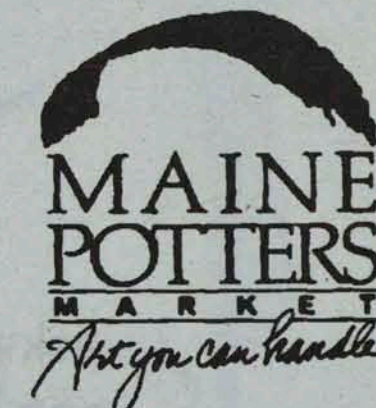
Call 775-5103  
for a complete schedule.

## Don't miss our Winter Sale

20% off

January 14th - 20th

Closed January 21st - 22nd  
for renovation



Corner of Fore & Exchange  
Portland's Old Port • 774-1633



# Unleash Your Potential with Quest Center Martial Arts



Unique and Effective  
Program of Self-Protection  
and Self-improvement!

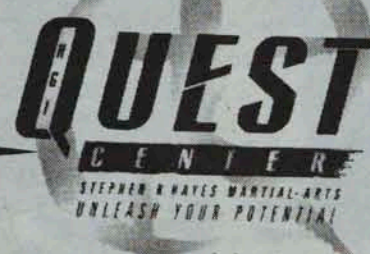
Dynamic and Engaging  
Classes for Children,  
Teens and Adults



GETTING  
STARTED  
IS EASY!

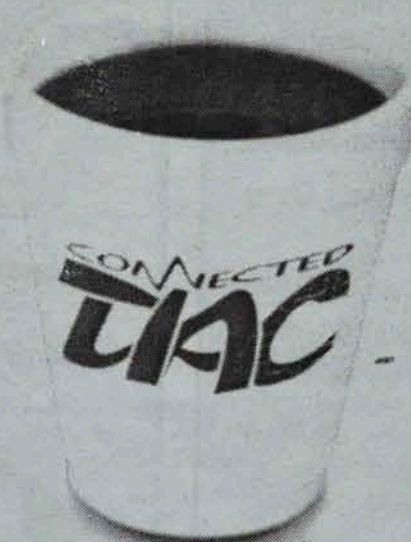
Introductory  
Program includes:  
• Private lessons  
• Group classes  
• Free uniform  
**\$14.95**

Call 772-7763  
Ask for John or Hahna  
487 Forest Ave., Portland, ME



"The classes, facility and  
instruction are all excellent!"  
"Simply the best!"

## Connection Problems? Try a Different Cup of Joe?



Not every Internet Service Provider is as dedi-  
cated to you as TIAC is. Any time of the day, any  
day of the week, you can call TIAC about your  
connection or other Internet question you may  
have. TIAC offers unlimited Internet access in the  
Greater Portland area.

ask for ext 207 for our 2 week money back guarantee  
207.775.2467 • [www.tiac.net](http://www.tiac.net) • [info@tiac.net](mailto:info@tiac.net)



tiac and the tiac logo are registered trade marks of the internet access company, inc. all rights reserved

## Congress Street Minutes

### Hostels U.S.A.

What does Portland, Maine have in common with Moab, Utah, Pitkin, Colo., and Waikiki, Hawaii? Why, all these cities have hostels, of course!

OK, I admit, this column may be my biggest stretch to date, but stay with me and I guarantee you won't be disappointed. **Hostels** are oft-overlooked travel accommodations, ranging from converted bedrooms to ski resorts. They are a cheap and culturally



diverse grass roots way to see America. And "Hostels U.S.A.," newly published by Connecticut's Globe Pequot Press, is the "first-ever attempt of its kind: a complete listing and rating of all the hostels in the United States," as well as parts of Canada.

This absorbing, witty guidebook is no sleeper, either. Written by erst-while Portlanders **Evan Halper** (former news reporter for *Maine Times*) and **Paul Karr** (former *CBW* arts editor and freelancer), this chunky 395-page volume resonates with wacky observations and highly descriptive

prose. With a rating system that ranges from five stars to a lone turkey ("Terrible; don't even bother calling"), it is further enhanced by a number of clever icons, such as a heart to indicate "very romantic couples' rooms" and a toy symbol to earmark "an offbeat or eccentric place." While including useful information such as a "comfortable bed" rating, a "superior kitchen facility" rating and a "good value for the price" rating, the text is further enhanced by witty sidebars that sum up a particular hostel's gestalt, **party index** (indicated by party hats) and insider's tips.

Take, for example, Portland's **Summer Hostel** (also known as a USM dorm) at 645 Congress St., one of only three hostels in Maine. It's described as possibly "the only hostel in the United States with a 24-hour guard to buzz you in." Evan and Paul give our lodgings a healthy three and a half stars, a "B" for cleanliness and three hats on the party index. The only sour note is their "best bet for a bite," which they list as Saigon Thinh Thanh. **Free Street Taverna** would have been the obvious pick.

The Wadsworth Blanchard Farm Hostel in **Hiram**, rating four and a half stars, is not only one of the authors' favorite U.S. hostels, it was also the impetus for the project. Evan's and Paul's idea for the book originally grew out of a story Evan wrote for one of *Maine Times*' seasonal guides. Evan, who has traveled to European and American hostels throughout his 23 years, was inspired by the Hiram lodging, which is described in the guide as "hostel heaven." Rates there are a mere \$10, extras include dogs, a swing and occasional canoe rides, and the gestalt is "mellow yellow." It will make you proud to learn that Maine has more hostels than **Connecticut**, New Jersey, Maryland or Missouri.

As a friend and former co-worker of both Evan and Paul, I remember well the excitement that grew from the conception of the project to the eventual garnering of a real publisher. Though the advance was small, the opportunity was heady, and both guys took on the project with an astounding tenacity. They even lined up sponsors like Clif Bars and the **Republic of Tea** to help them finance their journey. The chain of events that led to the publication is cause for reflection. If Evan hadn't been hired as an intern at *Maine Times*, fresh out of Bates College, chances are it never would have happened. The experience was, of course, bittersweet. The reports back to Portland from the field were often filled with **frustration and woe**. A stolen car and laptop were among the low points. But the results confirm the optimistic outlook.

When I got my review copy in the mail, my significant other and I pored over it with feverish glee. What better way to while away a cold winter in Portland than planning imaginary trips to **Tucson, Ariz.**, where you can stay at the Hotel Congress, a "full-city-block brick-and-marble edifice" which features "talking skinny artist chain smokers to pseudo-beatnik tokers" and was once graced by the likes of John Dillinger. What do hostellers there say? "Groovy."

Or how about the Fordson Home Hostel in Cave Junction, Ore., where proprietor and retired debate coach Jack Heald has purportedly seen a **pregnant Bigfoot**? He picked this "vortex" as a locale because "it's supposed to be the only place in the United States that wouldn't be affected by radioactive fallout in the event of a nuclear war." There's also an organic garden, loaner bikes and a collection of **old tractors**. What do hostellers say here? "Bizarre."

My significant other particularly enjoyed reading about various cities he'd visited during the cross-country bicycle trek he and his brother took years ago. In his words, "It's a real **eye-opener** about America to read this."

This gem is available for \$14.95 from The Globe Pequot Press, Dept. FIL, P.O. Box 833, Old Saybrook, CT 06475, [www.globe-pequot.com](http://www.globe-pequot.com). **CBW**



## Rogadilly Square

Fine Hairdressing / Facials  
878-8252  
927 Forest Ave., Portland • Free Parking

## DISCOVER HYDROPONIC GARDENING!

GRAND OPENING  
JANUARY 17TH!



STOP BY OUR  
NEW STORE TODAY!

GARDEN LIGHTS  
752 Riverside St., Portland, ME 04105  
207-797-7800 (FAX 7877)  
Exit 8 off Maine Turnpike, corner of Rte 302 (Forest Ave.) and Riverside Street. Call for directions  
Open Mon-Fri 9-5, 'til 8pm on Thurs, 9-2 Sat.

**dresses**  
for the bride,  
bridesmaids,  
mothers of  
the bride &  
groom  
& all  
life's special  
occasions

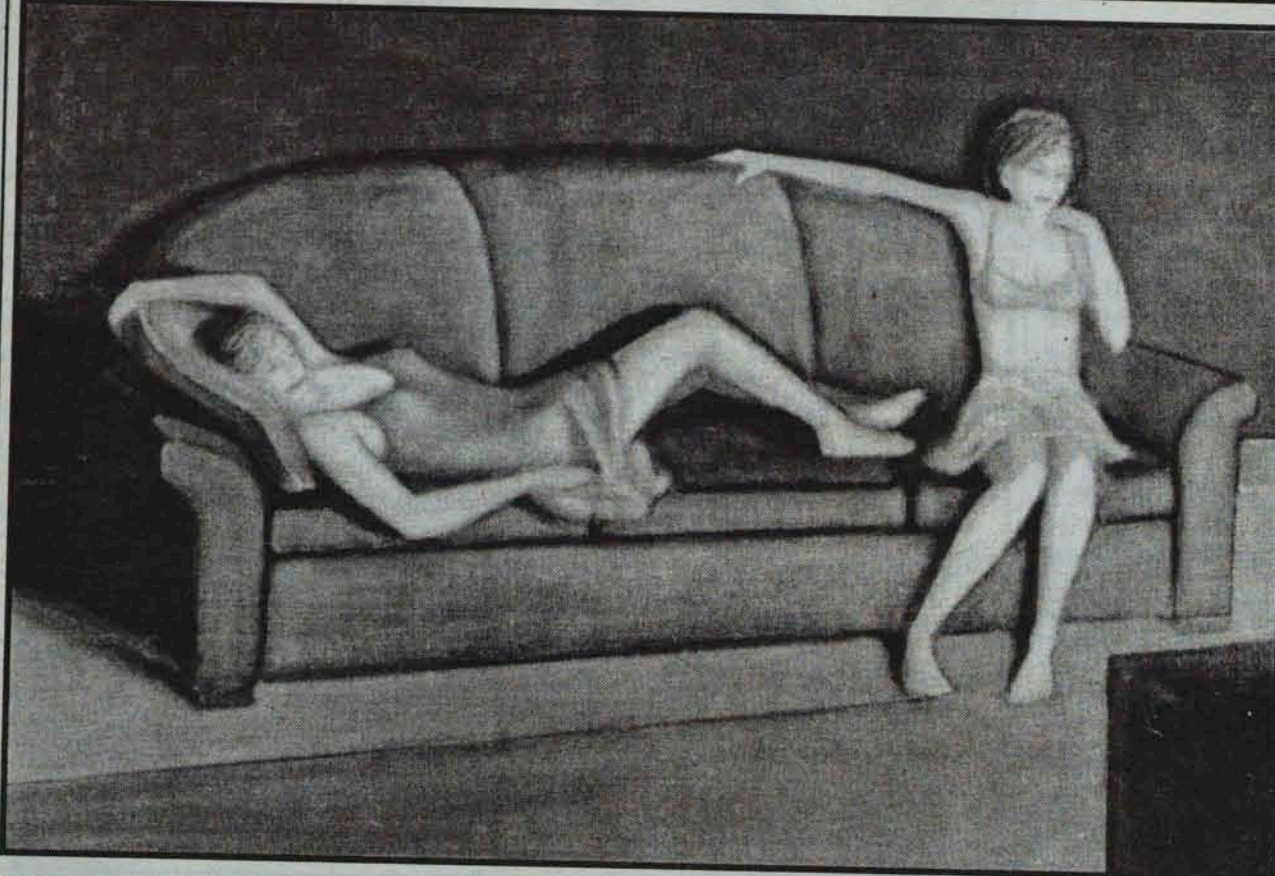


## Serendipity

*fine clothing and craftwork*  
34 Exchange Street • Old Port • 772-0219



# visual Arts



"Home From Work," oil on canvas by Richard Wilson, at The Nightcrawler

## review

Revolving slide show of paintings by Richard Wilson is ongoing at The Nightcrawler, 51 Oak St., Portland (Thurs.-Sun, 7 p.m.-midnight). 874-6484. Proprietor Bob (who also runs nearby Enterprise Records on Congress Street and prefers not to use his last name) has come up with a unique idea for artwork at his small late-night café couched between the Hotel Everett and Marcy's Diner. Where you'd normally see paintings on the wall, Bob has hung a group of empty frames. The artwork is viewed via an automatic slide carousel mounted on a high platform, which projects images onto the opposite wall. Since opening last fall, Bob has featured slides of work by famous painters ranging from Marsden Hartley to Picasso. I was surprised upon a recent visit to The Nightcrawler to see a new retrospective of work by Portland artist Richard Wilson.

Though Richard Wilson is a first-rate artist, it's not easy to find his work in local galleries these days. The June Fitzpatrick Gallery did have a show a few years ago of Wilson's erotically charged apartment interiors, and he did the cover art for several of poet Ken Rosen's books. But it's a rare treat to see a large cross-section of work by Wilson, who is a master printmaker with an M.F.A. in Printmaking from the San Francisco Art Institute as well as an ambitious painter.

Seeing the slides at The Nightcrawler is a couple of notches down from viewing actual paintings, but they nonetheless reveal an astonishing breadth of style. Wilson makes darkly comic forays into psychological, spiritual and sexual realms. Favorites include two paintings of an underwater swimmer, a hermetic portrait of the artist as devil and the fantastic series of apartment interiors, in which buoyant, generic figures reminiscent of Balbus engage in enigmatic visual dialogues painted in lurid greens, rich oranges and melancholy indigos. There is one early pastel painting that eerily resembles the work of '60s pop artist Peter Max; the most unusual image is an over-the-top allegorical depiction of Satan overlooking hell. The subjects shift from the pagan to the religious, and from suggestions of violence to an almost Zen serenity, forming a larger portrait of a self both at war and at peace with its libido.

Wilson's paintings are built from obsessive grids, which create structural layers linked to the ways in which consciousness acts as a filter. Sometimes the grids form small windows, blurring the characters beneath, sometimes they carve up the subject matter into small mosaics and other times they blend into the paintings. His signature amphora image also travels through strange metaphoric territory, from life-giving vessel to human heart, until in one painting the artist himself emerges from the top of the vase in a struggle with wintry demons. In another painting, mosaics of the amphora shatter, like some kind of stained-glass nervous breakdown, with a visual nod to Edvard Munch's "The Scream."

Sexual mischievousness is displayed throughout, as in the "I Hate Parties" painting which depicts a sweating man drinking a cocktail, surrounded by ghostly images of past encounters, or "Marriage, Vacation and Divorce," which illustrates these facets of romance with turbulent glee. Provocative and filled with double entendres about sexuality, violence and need, this parade of images makes a lasting impression. ANNIE SEIKONIA

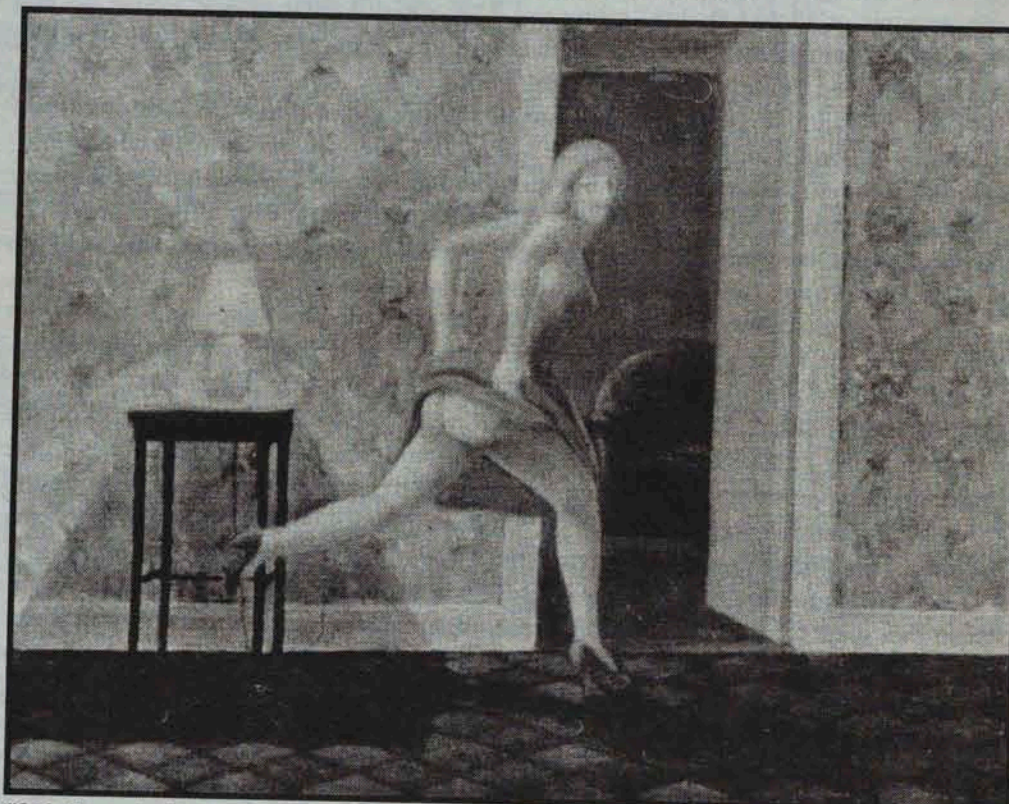
**Icon Contemporary Art**  
19 Mason St., Brunswick.  
Reception for new paintings by Frederick Lynch, Jan 24 from 4-6 pm. Shows through March 4. Hours: Mon-Fri 1-5 pm, Sat 1-4 pm. 725-8157.  
**Institute of Contemporary Art MECA Building**, 522 Congress St., Portland.  
Reception for MECA Faculty Exhibition, the work of 29 artists which includes a visual tour of France and a display on the relationship between words, sounds and objects, Jan 22 from 5-7 pm. Shows now through Feb 15. Hours: Tues-Sun 11 am-4 pm, Thurs 11 am-9 pm. 879-5742.  
**Maine History Gallery**  
489 Congress St., Portland.  
"Portland's Pride: The Observatory," showcasing watercolors of the Observatory's signal flags by founder Captain Lemuel Moody, a painting of the Observatory by Charles Codman, plus maps and various curios, opens Jan 21. Shows through March 14. Hours: Wed-Sat, 12-5 pm. Tix: \$2 (\$1 kids under 12). 879-0427.

traits and nudes by Paul Bonneau, Jan 15 from 5-7 pm. Shows through Jan 31. Hours: Mon, Wed and Fri, 9 am-6 pm. Tues and Thurs, 12-9 pm. Sat, 9 am-5 pm. 871-1700.  
**USM Area Gallery Campus Center**, Portland. Reception for "New Paintings," works in oil and gold and copper foil by Martha Oatway, Jan 22 from 5-7 pm. Opens Jan 19. Shows through Feb 20. Hours: Mon-Thurs, 8 am-10 pm. Fri, 8 am-5 pm. Sat, 9 am-5 pm. 780-5009.  
**USM Osher Map Library**  
314 Forest Ave., Portland.  
"Africa: A Continent Revealed," a history of European mapping of Africa from Ptolemy's 1513 atlas to the present, opens Jan 21. Shows through May 16. Hours: Wed 1-4:30 pm and 6-8 pm, Thurs 9 am-12:30 pm and 1-4:30 pm, Sat 9 am-12:30 pm. 780-4850.

**now**  
"Above & Below" At 88 Pleasant St., Portland. New paintings by Eric Hopkins and wool rugs by Angela Adams. Ongoing. Hours: by

**Bates Museum of Art Bates College**, Lewiston. "Narrative Quilts," life-stories told by artist Michael Cummings through the use of differently colored and textured cloth, shows through March 20. Hours: Tues-Sat, 10 am-5 pm. 786-6158.  
**Bowdoin College Museum of Art** 9400 College Station, Brunswick. Hours: Tues-Sat 10 am-5 pm, Sun 2-5 pm. closed Mon. 725-3275.  
\* "Art and Life in the Ancient Mediterranean" Work spanning the 4th century A.D. Walker Gallery, Ongoing.  
\* "Asian Art" A selection of decorative arts objects from the permanent collection. John H. Halford Gallery, Ongoing.  
\* "Portraits" American portraiture, dating from the 18th century to turn of the century. Bowdoin Gallery, Ongoing.  
**Coffee By Design**  
620 Congress St., Portland. Mon-Fri 10 am-6 pm, Sat 9 am-5 pm. 892-8086.  
**Maine Photo CO-OP**  
100 Oak St., Portland. "The 8x10 Show," an exhibit of photos by Bill Gillis, Donna Lee Rollins, Morgan Howarth, Joseph Della Valle, Andrew Herrschaft, Koryn Morrisey, Jack Montgomery and Scotia Luhrs, shows through Jan 15. Hours: Tues-Sun 10 am-10 pm. 774-1900.  
**Maine Writers and Publishers Alliance**  
12 Pleasant St., Brunswick. Black and white wood engravings and linoleum wood cuts by Siri Beckman, printmaker, book illustrator and arts educator, show through Jan 30. Hours: Mon-Fri 9 am-5 pm. 729-6333.  
**Margatta's Restaurant**  
242 St. John St., Portland. Original watercolors by Bonnie Brown. Ongoing. Hours: 4-11 pm daily. 874-6444.  
**Montgomery Memorial Gallery at MECA**  
522 Congress St., Portland. Mexican work by Claude Montgomery. Ongoing. Hours: Tues-Sat 11 am-4 pm, Thurs 11 am-8 pm. Free. For more details, call 775-5098.  
**Thomas Moser Cabinetry Showroom**  
415 Cumberland Ave., Portland. Black and white photographs of the Canterbury Shaker Village by New Hampshire artist John Boecker show through Feb 7. Hours: 9 am-5 pm. 774-3791.

**"Recent paintings by Schuyler Meyers"** 19 Pitt St., Portland. Hours by appointment only. Ongoing. 775-3343.  
**Perfetto's Restaurant**  
28 Exchange St., Portland. "Almost Edible," paintings by Kate Merrick. Ongoing. Hours: Mon-Sun 11 am-11 pm. 828-0001.  
**Pilgrimage** 1006 Forest Ave., Portland. "Vision in the Dust," etchings on Biblical themes and contemporary society by Tom Lewis-Borbelly. Ongoing. Hours: Mon and Sat 11 am-3 pm, Tues-Fri 10 am-5 pm. 878-5040.



"Safe Home," oil on canvas by Richard Wilson, at The Nightcrawler

**Openings**  
**Bowdoin College Museum of Art** 9400 College Station, Brunswick. Reception for "Embedded Metaphor," an exhibit of various media portraying the numerous symbolic aspects of the bed, Jan 22 from 8-10 pm. A lecture with exhibition curator Nina Felshin precedes the reception at Kresge Auditorium, at 7:30 pm. Shows through March 16. Hours: Tues-Sat 10 am-5 pm, Sun 2-5 pm. Free. 725-3275.  
**Davidson & Daughters Contemporary Art** 148 High St., Portland. Opening reception for "Color Messages," featuring works by artists Paul Plante, Joan Murray and Mary Ruth Hedstrom, plus a sculpture by Diana Raymond, Jan 17 from 5-7 pm. Shows through Feb 7. Hours: Tues-Sat, 11 am-5 pm. 780-0766.

**Portland Museum of Art** 7 Congress Sq., Portland. "Making It Real," the recent work of 31 artists who explore the potential of photographic illusion, opens Jan 15. Shows through March 22. A reception for featured artist Sandy Skoglund Jan 21, at 5 pm. Lecture follows at the Holiday Inn by the Bay, 88 Spring St., Portland, at 6 pm. Lecture tix: \$8 (\$6 members). 775-6148.  
"The World in the Evening," featuring more than 25 recent landscapes in watercolors, pastels and acrylics by Jules Olitski, opens Jan 24. Shows through April 2. Hours: Tues, Wed and Sat, 10 am-5 pm. Thurs and Fri, 10 am-9 pm. Sun, 12-5 pm. 773-2787.  
**Portland Public Library** 5 Monument Sq., Portland. Reception for "Colour Notes," landscapes, por-

appointment only. 871-7916.  
**Artworks** 102 Maine St., Brunswick. A group show of work by 12 artists. Ongoing. Hours: Wed-Sat 11 am-4 pm. 998-5841.  
**ArtWorks MECA Building**  
97 Spring St., Portland. Maine College of Art's sales gallery featuring jewelry, photography, sculpture, handmade books and pottery created by MECA alumni and students, as well as members of the Maine Crafts Association. Ongoing. Hours: Tues-Sat 11 am-5:30 pm, Thurs 11 am-8 pm. 775-5098.  
**Bangor Theological Seminary** 159 State St., Portland. Works by Bradford Fuller, Brian Kavanaugh, Dianne Salfas, Elin O'Hara and Tom Lewis Borbelly show through Jan 15. Hours: Mon-Fri 8 am-noon, and 1-4:30 pm. 774-2214.

772-5533. Also at Coffee By Design, Monument Sq., Portland. Hours: Mon-Fri 7 am-6 pm. 761-2424.  
**Foghorn Gallery** 4 Clinton St., Portland. International folk art, Oaxacan wood carvings, black pottery and crafts of indigenous peoples. Ongoing. By appointment. 781-2563.  
**Gallery Hair Design**  
153 U.S. Route 1, Scarborough. Photographs by George Riley. Ongoing. Hours Mon-Fri 8 am-7 pm, Sat 8 am-5 pm. 885-5903.  
**Gallery 7** 49 Exchange St., Portland. "New Faces," works including baskets, clay, furniture, glass, mixed media, fiber and sculptured metal and jewelry by 10 Maine artists. Ongoing. Hours: Mon-Wed 10 am-6 pm, Thurs-Sat 10 am-8 pm, and Sun noon-6 pm. 761-7007.

Submissions for the visual arts section should be received two weeks prior to publication. Send to Allen L. Dammann, Casco Bay Weekly, 561 Congress Street, Portland, ME 04101 or e-mail [zmliller@maine.rr.com](mailto:zmliller@maine.rr.com).

**George's** 21 Pleasant St., Portland. Oil paintings by Karl Van Tine. Ongoing. Hours: Mon-Wed 5-10 pm, Thurs-Sat 5 pm-1 am, Sun 9 am-1 am, Sun 9 am-10 pm. 774-5260.  
**Hole in the Wall Studios** Route 302, Raymond. "Art You Can Give," artwork and hand-crafts by gallery artists, shows through Jan 31. Hours: 9:30 am-6 pm daily. 655-4852.  
**The Kitchen** 593 Congress St., Portland. Abstract watercolors by Robert Nason show through Jan 15. Hours: Mon-Fri 11 am-9 pm, Sat 8 am-9 pm, Sun 8 am-6 pm. 775-7543.  
**Kutz 86 Middle St.**, Portland. "Stone Madonnas," photos by Cynthia Brogan. Ongoing. Hours: Tues-Sat 10 am-6 pm. 773-9717.

**Little Sebago Gallery & Frame** 765 Roosevelt Trail, Windham. Work by gallery artists. Ongoing. Hours: Mon-Fri 10 am-6 pm, Sat 9 am-5 pm. 892-8086.  
**Maine Photo CO-OP**  
100 Oak St., Portland. "The 8x10 Show," an exhibit of photos by Bill Gillis, Donna Lee Rollins, Morgan Howarth, Joseph Della Valle, Andrew Herrschaft, Koryn Morrisey, Jack Montgomery and Scotia Luhrs, shows through Jan 15. Hours: Tues-Sun 10 am-10 pm. 774-1900.  
**Maine Writers and Publishers Alliance**  
12 Pleasant St., Brunswick. Black and white wood engravings and linoleum wood cuts by Siri Beckman, printmaker, book illustrator and arts educator, show through Jan 30. Hours: Mon-Fri 9 am-5 pm. 729-6333.  
**Margatta's Restaurant**  
242 St. John St., Portland. Original watercolors by Bonnie Brown. Ongoing. Hours: 4-11 pm daily. 874-6444.  
**Montgomery Memorial Gallery at MECA**  
522 Congress St., Portland. Mexican work by Claude Montgomery. Ongoing. Hours: Tues-Sat 11 am-4 pm, Thurs 11 am-8 pm. Free. For more details, call 775-5098.  
**Thomas Moser Cabinetry Showroom**  
415 Cumberland Ave., Portland. Black and white photographs of the Canterbury Shaker Village by New Hampshire artist John Boecker show through Feb 7. Hours: 9 am-5 pm. 774-3791.

**"Recent paintings by Schuyler Meyers"** 19 Pitt St., Portland. Hours by appointment only. Ongoing. 775-3343.  
**Perfetto's Restaurant**  
28 Exchange St., Portland. "Almost Edible," paintings by Kate Merrick. Ongoing. Hours: Mon-Sun 11 am-11 pm. 828-0001.  
**Pilgrimage** 1006 Forest Ave., Portland. "Vision in the Dust," etchings on Biblical themes and contemporary society by Tom Lewis-Borbelly. Ongoing. Hours: Mon and Sat 11 am-3 pm, Tues-Fri 10 am-5 pm. 878-5040.

**Portland Coffee Roasting Company** 111 Commercial St., Portland. Works by B.J. Danforth. Ongoing. Hours: Mon-Wed 5-10 pm, Thurs-Sat 5 pm-1 am, Sun 9 am-1 am, Sun 9 am-10 pm. 774-5260.  
**Portland Museum of Art** 7 Congress Sq., Portland. Hours: Tues, Wed, Sat 10 am-5 pm, Thurs-Fri 10 am-9 pm, Sun noon-5 pm. Admission: \$6 (\$5 students & seniors/\$1 youth). Admission is free 5-9 pm every Friday evening. 775-6148 or 1-800-639-4067.  
\* "From Monet to Matisse: The Origins of Modernism" A complete overview of French art from early impressionism through Neo-Impressionism to Fauvism. Ongoing.  
\* "A Portion of the Infinite" Paintings by Rockwell Kent. Ongoing.  
\* "Poetic Vision: Photographs by Ernst Haas" An exhibition examining the scope of Haas' career featuring 41 photographs. Shows through Jan 18.  
**Salt Gallery** Salt Center for Documentary Field Studies, 17 Pine St., Portland. "In Focus," a group show of recent photography and nonfiction writing by Salt documentarians. Shows through Feb 28. Hours: Wed and Fri 2-6 pm, Sat 10 am-1 pm. 761-0660.  
**The Spring Point Museum** at Southern Maine Technical College, Fort Rd., So. Portland. "Portland Harbor, 1865-1900: Making a Living in Stormy Times," a permanent exhibit on the clipper ship *Snow Squall*. Hours: Fri-Sun noon-4 pm. Admission: \$2 (kids free). 799-6337.  
**Tide's Gate Gallery**  
140 Main St., Freeport. Paintings by Bob Besaw. Hours: 10 am-6 pm daily. 865-9655.

**calls for art & artists**  
**DIRECTIONS** seeks new members for its statewide craft organization. Applicants must submit 6-10 slides of current work and a resume. Deadline: March 1. For a membership information packet, write to DIRECTIONS, c/o Candace Jackson, RR 2 Box 4390, Fayette, ME 04349 or call 897-4261.  
**Little Sebago Gallery & Frame** 765 Roosevelt Trail, Windham invites artists to submit works for consideration in upcoming shows. Contact Sandie or Steve at 892-8086.  
**Maine Photo CO-OP**  
Gallery seeks photos made with "Diana" and "Holga" cameras for "The Plastic Camera Show," opening March 12. Send slide submissions to: Gallery Director, 100 Oak St., Portland, ME 04101, or call Donna Lee Rollins at 774-1900 for more info.

**education**  
**Art Classes** Photography and drawing for adults and parents including "Shops on Main Street" where kids sculpt and draw shops from their imagination and "Cultures, Customs, Costumes and

Storytelling," a class on creating art from other cultures. Other courses: "Pre-school Art Adventures," "Family Roots Project" and "Special Effects in Clay!" Classes offered in Cumberland, Falmouth and So. Portland. For schedule and locations, call Judy Faust at 761-9438.  
**Children's Painting Classes** Six-week sessions and workshops with Jane Wray. For info, call 773-2890.  
**Creative Resource Center** offers programs for kids of all ages. At the Creative Resource Center, 1103 Forest Ave., Portland, from 3:30-4 pm. Free. Space limited. For info, call 797-9543.  
**Internships Available** The Maine Photo CO-OP is sponsoring an internship program in conjunction with its education program and workshop series. For more info, call the CO-OP at 774-1900.  
**Maine Mobile Arts** Registrations accepted for after school drawing class on Thurs from 3:30-4:30 pm and for the "Art in the Morning" group. Classes held at Stone Soup Artisans, Maine St., Brunswick. For more info, call Maine Mobile Arts at 721-8634.  
**Photography Courses and Workshops** The Maine Photo CO-OP offers week-end workshops on hand-coloring photos, photography and the law and basic lighting techniques, as well as numerous classes for absolute beginners and those who are more experienced. Plus seminars by Polaroid and the Palladio Company. At 100 Oak St., Portland. For more info, call Donna Lee Rollins at 774-1900.  
**Pottery Classes** Children's and adult's classes offered at Sawyer Street Studios, Portland. Costs and times vary. 767-4394.  
**Sheldrake Studio** offers drawing and painting classes for adults, beginner or experienced and fun art classes for kids in kitemaking and papermaking. Private tutors also available. First month \$80. 775-2853.  
**Woodworking Classes** Beginning Woodworking starts Jan 15 and meets each Thurs for five weeks, from 6:30-9 pm. Cost (including tools and materials): \$85. Build A Chair begins Jan 17 and meets each Sat for six weeks, from 8:30-11:30 am. Cost (including tools and materials): \$175. At Tremendous, Longfellow Sq., Portland. To register, call Normand at 780-9627.  
**Young at Art** Judy Faust offers unusual art classes for kids ages 5-13 and parents including "Shops on Main Street" where kids sculpt and draw shops from their imagination and "Cultures, Customs, Costumes and

**events & lectures**  
**Brown Bag Lectures** MECA faculty members with work showing at the Institute of Contemporary Art give 10-minute presentations on their work, Jan 27 and Feb 3 and 10. At the Institute of Contemporary Art, MECA building, 522 Congress St., Portland, at noon. 879-5742.  
\* "Africa: What Maps Reveal About European Knowledge of the Continent" Feb 12. Michael B. Toth, curator of the exhibition, "Africa: A Continent Revealed" at USM's Osher Map Library, gives a lecture. At USM's Osher Map Library, fourth floor, 314 Forest Ave., Portland, at 7 pm. 780-4850.  
\* "Artist's Soiree" Every Friday from 5-8 pm. At Mainely Frames and Gallery, 534 Congress St., Portland. 828-0031.  
\* "Embedded Metaphor" Various discussions and lectures are held in conjunction with the exhibition now showing at Bowdoin College Museum of Art. Jan 28: Discussion with museum curator Alison Ferris at the Museum of Art, at 4 pm. Feb 5: "The Birth of Civilization: A Brief History of the Bed," a lecture by Professor Clifton C. Oat, investigating the many contexts of the bed. At Beam Classroom, at 7:30 pm. Feb 11: Discussion with visiting instructor John B. Bisbee at the Museum of Art, at 4 pm. Feb 12: Discussion with Zoe Leonard, one of the artists featured in the exhibit. At Beam Classroom, at 7:30 pm. 725-3275.  
**MECA Open House Tours** Visit Maine College of Art's studio space the first Tues of every month at noon. At MECA, 522 Congress Street. RSVP 775-5098.  
**Open Slide Night** The Union of Maine Visual Artists invites artists, craftspeople and anyone interested to attend an open slide night the second Friday of each month at 7:30 pm at Jay York Affordable Photo, 58 Wilmot St., Portland. Bring slides for discussion/feedback. 773-3434.  
\* "Reality Under Siege: An Evening with Sandy Skoglund" Jan 21. Skoglund, one of the artists represented in "Making It Real" at the Portland Museum of Art, illustrates a discussion of her work and creative process with photographs and installations. Reception at PMA's Great Hall, 7 Congress Sq., Portland, at 5 pm. Lecture at the Holiday Inn by the Bay, 88 Spring Portland, at 6 pm. Tix: \$8 (\$6 members). 775-6148.

The weather outside is frightful; but inside we're having a delightful sale.

Save more than 40% on selected organic cotton clothing -- perfect for cuddling by the fire or cruising the Caribbean.

Also, since it's only 11 months' til Christmas, all holiday items are a festive 40% off!

**Frightful!**

**THE RESOURCEFUL HOME**  
HARDWARE, HOUSEWARES, PERSONAL CARE  
111 COMMERCIAL ST., PORTLAND / 780-1314



**Outward Bound®**

NEW EIGHT DAY ADULT COURSES  
FLORIDA SAILING

NOVEMBER-MAY

FOR A FREE CATALOG  
CALL 1-800-341-1744



**Be an Angel, give the gift of life. More than ever your plasma donation is needed**

**Donate plasma and earn up to \$150/mth**

Ask about our new donor programs  
(or if you haven't donated in six months)

**PORTLAND BIOLOGICALS**

685 Congress St. • Portland • 772-5715  
Hours M W F 8-4 • T Th 9:30-6  
Sat 8-3 • Sun 8-2



## ACUPUNCTURE

Sick and Tired of Feeling Sick and Tired?

Make a New Year's Resolution for a Healthy 1998 with Silver Monkey Acupuncture and Herbal Medicine.

1998 is the Year of the Tiger, a year of big changes and bold initiatives. Let Silver Monkey Medicine help prepare you to go forward into this challenging year with safe, effective treatments that can help resolve chronic health problems, relieve stress and boost energy. Call for an appointment today.

Silver Monkey

Acupuncture and Herbal Medicine, L.L.C.  
765 Congress Street (next to the Roma Café) • Portland, ME 04102

(207) 780-8880

Serving Greater Portland with Care and Humor • Convenient Free Parking.



Presents

## CRIMINAL Hearts



Revenge

a comedy by Jane Martin  
Directed by Andrew Sokoloff

January 8 - February 8, 1998  
Thursday - Sunday

Thursday at 7:30 p.m.  
Friday and Saturday at 8:00 p.m.  
Sunday at 5:00 p.m.

Pay-what-you-can January 11 and 18  
Buy one, get one free January 15 and 22

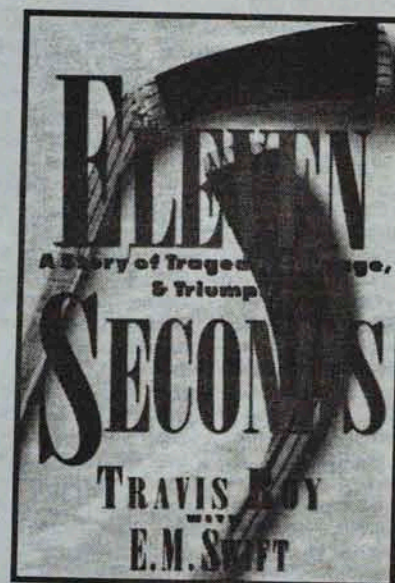
Box Office 775-5103

Mad Horse Theatre Company at Oak Street Theatre, 92 Oak Street



is sweet

Saturday, January 31 at 1pm  
meet Travis Roy author of  
**Eleven Seconds**  
*A Story of Tragedy, Courage, and Triumph*  
(Warner Books \$20.00)



Borders will donate  
15% of the sales  
from  
**Eleven Seconds** to the  
Travis Roy  
Foundation

**BORDERS**  
BOOKS • MUSIC • CAFE

430 Gorham Road • South Portland • (207)775-6110

Experience The Best of Winter During...

**WHITE  
WHITE  
WORLD  
WEEK**

JANUARY 26TH-30TH

PACKAGE INCLUDES:  
• ALL-DAY LIFT TICKET  
• SLOPESIDE LODGING  
• PERFECT TURN® CLINIC  
• HEALTH CLUB PRIVILEGES

FOR RESERVATIONS CALL:

**1-800-THE-LOAF**



BUDWEISER PRESENTS THE SUGARLOAF/USA CONCERT SERIES

**LITTLE FEAT**  
FEBRUARY 14TH



FOR CONCERT TICKETS CALL  
**1-207-237-2000**

**sugarloaf/usa**  
snowplace of the east

Live in the outside VISA OFFICIAL SPONSOR OF SUGARLOAF/USA www.sugarloaf.com • lodging@sugarloaf.com

## Forced farce

PSC's latest serving of Molière fails to charm

■ JASON WILKINS

The actors race about the stage in costume, clutching scripts they've not had time to memorize, begging not to be forced to go on with the show. The playwright/star tells them to calm down, get into character and think of the duty they owe the audience. "These are not easy people to amuse or impress," he says, and pushes the players into place.

This prologue proves itself prophetic. When the lights go up after "The Jealous Husband & The Flying Doctor," the audience has been only slenderly amused and slightly impressed. Portland Stage Company may have wowed the crowd with "Scapin" last year, but in 1998 the troupe fails to make a success of Molière.

Both of these short plays feature stock Molière types: the drunken husband, the battle-ax wife, the ver-



Charles Weinstein, Benjamin Stewart and Geoffrey Molloy (l-r) in "The Jealous Husband"

father's uptight house. Sganarelle manages to succeed, though he must pretend to drink urine and impersonate his own (nonexistent) twin brother.

The set used for these one-acts (designed by Judy Gailen) is all pinks and yellows and greens; the props are cartoonily large and absurd; the actors are encouraged to mug for all they are worth. Dakin

may not have the greatest roles to play here, but when she stomps onstage in an apron and a rolling pin nearly half her size, it gets a laugh. She skillfully makes the most of what little chance to shine she is given.

Molloy manages to conjure chuckles out of almost nothing. At one point he is required to come onstage, deliver a rather dull and pompous speech in a lawyer's wig, and vanish from the play without a trace. The actor gives this pointless character such a silly boscé pedant, the randy young lovers eager to elope despite Daddy's disapproval. Everyone is made to look ridiculous. The plots are actually little more than loose strings of comedic episodes, routines laid out one after the other until the

playwright contrives a happy ending and sends the characters off to get celebratorily soused. RUNS THROUGH Molière can sometimes make JAN. 25 AT PORTLAND STAGE COMPANY. PANY, 25A FOREST In "The Jealous Husband," AVE. TIX: \$18-\$29. 774-0465.

With each cast member stuck in his or her own particular shtick, the ensemble never really works well together. The blame for this may lie with Christopher Akerlind, best known as a set designer, not a director. When faced with a scene requiring five characters, Akerlind puts his four actors on stage with a cardboard cut-out and has them manipulate its mouth like a Charlie McCarthy. This mildly amusing gambit turns embarrassing when an actor as deft as Weinstein must keep turning his back on the audience to engage in dialogue with himself.

One would be tempted to say that French humor simply can't be well-translated for stoic Yanks if the PSC hadn't pulled off the trick so recently. This production may have a pair of classic scripts and a quartet of gifted thespians, but like the man says, it don't mean a thing if it ain't got that certain je ne sais quoi. CBW

Chronic sinusitis, bronchitis or ear infections?  
IS ALLERGY THE CAUSE?

Appointments available to treat Food-Mold-Dust & Pollen Allergy



**David S. Hurst, MD**

Certified in Both Allergy

and Ear, Nose & Throat Surgery

222 Auburn St., Portland, 878-5510 • Rt. 133, Farmington, 778-3535

"Patients should be Symptom Free and Drug Free"



## VERMONT...

Known for Maple and  
Green Mountain Coffee Roasters.

Now, **MAPLE MONDAY**  
comes to Maine!

TRY A CAFÉ VERMONT  
FOR THE PRICE OF A REGULAR COFFEE!

Café Vermont, our most popular signature drink, combines the freshest coffee with distinct flavor of pure Vermont maple syrup from Highland Sugarworks. Affordable Winter Warm Up!

15 Temple St. • Portland  
Visit our new South Portland  
location at Cornerbrook Mall,  
Kittycorner to Shop 'N Save.

**773-3036**



**zygōt**  
bookworks & cafe

FROM AROUND THE WORLD

stationery

hand made blank books

fine and decorative papers

daily planners

unique gifts

here baked goods

coffee • salads • cold noodle dishes • sandwiches • soups

monday - friday • 8 to 7 saturday • 12 to 5 sunday • closed

61 pleasant street, voice • 775-4121 fax • 775-4832

### Box Making

I love to create functional containers that are nice to look at and useful. You will build and cover two different styles of boxes. A fun class, and a chance to be really creative.

**The Four-Flap Portfolio**

In this class, you will create an 8 x 10 four-flap folder which can be used for books, artwork, documents, etc. — a great solution for an individualized portfolio.

**The Casebound Book 1**

(The "Flatback") This class is a great introduction to the traditional casebound book. This signature-sewn book is often used for binding dissertations where the spine is not rounded or backed. I think this is a great

hardbound style that you can do at home without the need for "traditional" bookbinding equipment.

**The Non-Adhesive Book**

In this class you'll create three separate 1-, 2-, and 3-section pamphlets, exploring different exposed sewing patterns on the spines of each book. These bindings are great fun, easy to translate to home, and make beautiful lasting keepsakes.

**The Screwpost Photo Album**

A tried-and-true album structure where each page is hinged with Japanese paper so the pages lie flat for viewing. Each student will wind up with a 24-page album appropriate for personal use or as a "portfolio" for the photographer.

**CLASSES WILL BEGIN JANUARY 23.  
CALL SOON FOR INFO AND SCHEDULE.**



# Listings

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication. Email: [zmliller@maine.rr.com](mailto:zmliller@maine.rr.com).

## performing arts

### auditions/submissions

**Burlington Music Conference** is accepting applications from Northeast regional bands and musical acts of all varieties to perform at the BMC '98 in Burlington, VT, July 29-Aug. 2. The conference is a showcase for talent from Maine, New Hampshire, Vermont, New York, western Massachusetts and the Province of Quebec, offering not only live shows but classes, workshops and the chance to rub elbows with industry and club reps. Applications are available at record and book stores, clubs and the BMC website at [bigheavyworld.com](http://bigheavyworld.com). Deadline: May 1. For more details, call 802-865-1140.

**fstudio** seeks an actress for "Snowbound," a short movie to be filmed this winter. Send headshot and letter to fstudio, attn: Frank McMahon, 9 Beechwood Ln, Falmouth, ME 04105. For more info, call Frank at 797-2415.

**North By Northeast** is a three-night music festival and industry conference, June 12-14, in Toronto. The event showcases acts from Canada, the U.S. and around the world. Cost: \$250 (\$200 before May 23). For more info or to register, write to NXNE, 185A Danforth Ave., 2nd floor, Toronto, ON M4K1N2 or call 416-469-0986.

**Portland Opera Repertory Theatre** seeks individuals for leading and supporting roles, chorus-members and young artists/apprentices for its July production of "La Traviata." Auditions Jan 18 and 31 at Cortelli Hall, USM, Gorham. Appointment required. For more info, call 879-0392.

**A Prairie Home Companion** invites contestants for "Talent from Towns Under 2000." Finalists will appear on the April 4 broadcast in New York City, plus receive a trophy and a monetary prize. Deadline: Feb 13. For more details, visit the Prairie Homepage at [cbo.mpr.org](http://cbo.mpr.org) or call 612-290-1131 after Jan 10.

**Women's Barbershop Quartet** The Casco Bay Chapter of the Sweet Adelines seeks women who can read music and stay on tune. Call for an audition, 799-1924.

**Writer's Digest** is accepting entries for the 1998 Writing Competition. Original unpublished manuscripts may be entered. Various prizes awarded. Deadline: June 1. For complete rules and an entry form, send a #10 self-addressed, stamped envelope to: Writer's Digest Writing Competition, Dept. PR, 1507 Dana Ave., Cincinnati, OH 45207, or fax request to 513-531-1843.

**Young Playwrights Contest** The Children's Theatre of Maine invites anyone 18 years old or younger to submit an original play of any length with subject matter appropriate for all ages. Collaboration is permitted, but all writers must receive credit. Selected plays performed May 2-17. Submission deadline: Feb 15. Send one or more plays to the Children's Theatre of Maine, PO Box 1011, Portland, ME 04101. For more info, call 874-0371.

### workshops/lectures

**Acting Classes** Oak Street Theatre, Inc. begins its winter session Jan 26. A variety of classes are offered, including Acting for Ordinary People and a new advanced session that culminates in a March performance. One-day workshops in voice and movement are also available, in addition to master-level workshops by Laughingstock Company and Avner the Eccentric. Cost: \$150-\$225 per class, \$25-\$200 per workshop. For more info, call 775-5103.

**African Dance Class** Jan 23. Taught by Lisa Newcombe. At Casco Bay Movers Dance Studio, 151 St. John St., Portland, from 6:30 pm. Cost: \$12. 874-1013.

**African Drumming** Classes begin Jan 20 and 21 and continue for nine weeks. Taught by Aneget Baier. Cost: \$120. Starting times and dates depend on level of skill. For more details, call 871-8859.

**American Style Smooth Dance Champions** Michelle Officer and Ed Simon lead a swing seminar for dancers of all levels Jan 18 at Maine Ballroom Dance, 614a Congress St., Portland, from 6-8 pm. Cost: \$10 per hour. 773-0002.

**Beginner Ballroom Lessons** Wed and Fri from 7-8 pm. At Maplewood Dance Center, 383 Warren Ave., Portland. 797-2891 or 878-0584.

**Capoeira** Master Beck teaches two multi-level classes in the Afro-Brazilian self-defense art form. Tuesdays from 7:15-9:15 pm (\$7 per class). Fridays from 7-9 pm (\$12 per class). At Casco Bay Movers Dance Studio, 151 St. John St., Portland. Call Master Beck at 780-1675 or Devra Zabot at 828-3995.

**Casco Bay Movers Dance Studio** offers a number of classes ranging from jazz to streetfunk to African. Adults and children welcome. For more info and a full schedule, call 871-1013.

**Creative Movement with Eduardo Mariscal** Tuesdays at Ram Island Dance Studios, Portland Performing Arts Center, 25A Forest Ave., Portland, at 6 pm. Cost: \$8. 871-9056.

**Dance Classes** in beginner ballet, African dance, modern dance, tap dance, dance for preschoolers and kids ages 6-12 and yoga are offered at ACTS, 341 Cumberland Ave., Portland. By appointment only. 781-2465.

**Dancing From the Inside Out** An ongoing class in expressive dance and creative movement. Come move in a safe, supportive space. No experience necessary. Wed 4-6 pm. Sat 9-11 am. At Maine Ballroom Dance Studio, 614a Congress St., Portland. Cost: \$10 (first class free). Contact Jesse Loebberg at 773-2362 or [www.janet.com/~loebberg](http://www.janet.com/~loebberg).

**Michael Hallifax** Jan 26. The USM Department of Theatre hosts a lecture by Hallifax, one of the founders of the English Stage Society and the producer behind the official opening of the Globe Theatre. At Russell Hall, USM campus, Gorham, at 2:30 pm. Also, Jan 27 at Luther Bonney Auditorium, Portland, at 7 pm. Free. 780-5151.

**Line Dance Classes** Levels vary. Tues-Fri from 10:11:30 am and 12:30-2 pm. At Maplewood Dance Center, 383 Warren Ave., Portland. 797-2891 or 878-0584.

**Oriental Dance and Belly Dance** Baraka's Josie Conte and Jeanne Handy explore costume, choreography and technique for all levels using elements from various dance forms for children and adults. For more information, call 828-6571 or 773-2966.

**Portland Media Artists** Producers, directors, writers, crew members, actors/actresses, and others involved in video or film meet the second and fourth Tues of each month. At Javanet, 37 Exchange St., Portland, at 7 pm. For more info, call Frank McMahon at 797-2416.

**Reindeer Performing Arts for Kids** holds performance workshops on Sat, Feb 14-April 4. Times and age groups vary. At Reindeer Pointe, 650 Forest Ave., 2nd floor, Portland. Cost: \$50. For more info or to register, call 874-9002.

**Star of Sea Dance Kids** learn the basics of tap, jazz and ballet. Wednesdays from 3:30-4:15 pm (4-6 years) and 6:15-7 pm at Riverton Community Center, 1600 Forest Ave., Portland. Cost: \$15 per month. Sponsored by Portland Parks and Recreation. 874-8455.

**Tango and Swing** classes are offered through Jan 29 at the Centre of Movement, School of Performing Arts, 19 State St., Gorham. Sun from 6-7 pm and 7-8 pm. Thurs from 7-8 pm. For more info, call 839-3267.

**Theater Classes** in acting, piano, African drumming, dance for actors, effective presentations, lighting and voice are offered at ACTS, 341 Cumberland Ave., Portland. By appointment only. 781-2465.

**The Theater Project** announces registration for its "Winter Warm Ups," acting classes for kids in grades 1-5. Students author their own short pieces about winter. At the Theater Project, 14 School St., Brunswick. Cost: \$45 (plus \$25 non-refundable deposit). 729-8584.

**Voice and Accent Classes** Jean Armstrong offers classes in effective presentation, speaking and singing voice tips for singers, projection and resonance and foreign accent. Maine accent offered in small groups or individual. For more info, contact Jean at 879-1896.

**Voice Classes for Adults and Children** Stella Marie Bauman provides vocal technique, breath management and artistic interpretation. Private or class instruction available. For more info, call 828-6537.

## happenings

**Girl Scout Cookies** can be ordered through Feb 1. Proceeds from the cookies fund troop projects and trips, as well as summer camp facilities, training for adult leaders and scholarships. Cost: \$3 per box. To order, call the Kennebec Girl Scout Council at 800-660-1072.

**Portland Pirates Games** Jan 21: Against Philadelphia at 7 pm. Jan 30: Against St. Johns at 7:30 pm. Jan 31: Against St. Johns at 2 pm. At the Civic Center, Portland. Tix: \$9-\$13 (\$5 kids/\$7 seniors). 775-3458.

**Booksigning and Lecture** Jan 15. Author Neil Rolde discusses, then lends his John Hancock to, the book "The Baxters of Maine." At Baxter Memorial Library, 71 South St., Gorham at 7 pm. Also Feb 18 at Portland Public Library, 5 Monument Sq., Portland, at noon. 582-1899.

**Canada to Kittery Walk** Jan 15. Paul Fuller begins a 395-mile walk from Van Buren to Kittery in hopes of raising awareness about the gay rights referendum vote on Feb 10. The walk is expected to take 21 days. Supporters are invited to walk or drive along with Fuller for all or part of the journey. For more info, e-mail Fuller at [canada-kitterywalk-voteno-feb10@yahoo.com](mailto:canada-kitterywalk-voteno-feb10@yahoo.com), or call 832-5550.

**Maine Home and Remodeling Show** Jan 16-18. Home owners from throughout Maine can speak to representatives of more than 100 home-related businesses, including designers, contractors, artisans and others. At the Civic Center, Portland. Fri 4-9 pm, Sat 10 am-9 pm, Sun 10 am-5 pm. Tix: \$4 (\$3 seniors/free kids under 12). 603-356-7750.

**Booksigning** Jan 17. Travis Roy signs his book "Eleven Seconds," the tragic but ultimately uplifting account of the accident that left him paralyzed. At Greater Portland, 220 Maine Mall Rd., South Portland, at 2 pm. 874-2300.

**Record and CD Show** Jan 17. Dealers from throughout New England offer a broad variety of new, used and rare CD's and records, plus other music memorabilia. At the Lewiston Armory, Lewiston, from 10 am-5 pm. Tix: \$2.50 (\$2 students and seniors/free kids under 12). 783-1378.

**Martin Luther King Day** Jan 19. A number of events are scheduled in observance of Martin Luther King Jr.'s birthday. Following the NAACP's MLK Breakfast is a wreath-laying at Monument Sq, then a march to the First Congregational Church for the "Gospel Extravaganza." For more info, call 776-7340. Also, Jan 20 at the First Parish Church gives an invocation at Monument Sq, at noon. 773-5747.

**Bates College** in Lewiston offers a series of workshops, lectures and presentations. For more info, call 786-6330 or 786-6222.

**Summer Camp Fair** Jan 21. Waynflete School hosts representatives from over 40 summer programs, such as music camps, sports camps, art camps, as well as information on summer jobs for people ages 18 and up. At Waynflete School gym, 360 Spring St., Portland, from 5-8 pm. 774-5721.

**Open Mic Night at USM** Eclectic lounge pianist Tom O'Donnell hosts an open mic night with weekly guests. Tom Acousti appears until Jan 22. At USM's Campus Center, Portland, at 8 pm. 874-6508.

**Super Bowl Party** Jan 25. American Legion Libby Mitchell Post #76 presents an all you can eat buffet and chili cook-off contest, with door prizes given away throughout the football game. At the American Legion Hall, Libby Rd., Scarborough at 3 pm. Tix: \$3. 883-3902.

**Readings** Jan 26: Steve Luttrell hosts an open poetry reading at 8 pm. Presented by Oak Street Theatre and "Cafe Review" magazine. Tix: \$2. For more info, call 775-5103. Jan 27: Mad Horse Theatre Company invites the public to a reading of the play "The Lady from Dubuque" by Edward Albee, at 7:30 pm. Additional readings in March and April. Free. For more info, call 828-1270. Both readings at Oak Street Theatre, 92 Oak St., Portland.

**"Eggs & Issues"** Portland Chamber of Commerce holds monthly breakfast lectures. Feb 4: Governor Angus King, Jr. At the Radisson Eastland Hotel, 157 High St., Portland, from 7:15-9 am. Cost: \$20 (\$11 members). Register by Jan 28. Call 772-2811 X228.

**Bluegrass Jam Session** Bluegrass Association of Maine sponsors a jam session for players of all levels the second Sun of every month at 1 pm (last session in April). Unplugged stringed instruments only. At Roost Function Hall, Chicopee Rd., Buxton. Cost: \$2 (\$1 members). 729-5631.

**Peace Vigil at BIW** The Peace & Justice Center of Southern Maine sponsors a vigil every Wednesday at Bath Iron Works, Commercial St., Portland, from noon-1 pm. Rain or shine. 772-1442.

## health

**Adult Health Clinic** Visiting Nurse Service, 15 Industrial Park Rd., Saco, holds health clinics for adults on an ongoing basis. Screening includes blood pressure and blood sugar monitoring, hemocults, tuberculosis testing, tetanus vaccination and routine foot care. Open to those 18 and older. 284-4566.

**Adult Immunization and Health Screening Clinic** sponsored by the Visiting Nurse Association and Hospice, the third Tuesday of every month from 1-4 pm at 50 Foden Rd., S. Portland. Offering blood pressure, blood sugar and cholesterol checks, TB skin tests, hepatitis B vaccine, measles, mumps, and rubella vaccine, tetanus/diphtheria vaccine, flu vaccine (seasonal) and pneumonia vaccine to adults age 18 and older. By appointment only. 780-8624.

**Arthritis Water Exercise** Aquatic classes to improve muscle and joint flexibility are held Mon, Wed and Fri at the YWCA, 87 Spring St., Portland, from 1:15-2 pm.

Punch tickets and eight-week sessions available. For more details, call Carolyn at 874-1130 ext. 3048.

**Arthritis Programs** Arthritis Foundation's Maine Chapter sponsors various programs including support groups, land exercise programs and warm-water aquatic exercise programs, as well as workshops for people with fibromyalgia. 773-0596.

**Birthingline Pregnancy Services** 562 Congress St., Portland. Catholic Charities of Maine provides positive support to any woman experiencing an untimely pregnancy and her family. \$250. Services include: emotional support and post-abortion support. Free and confidential. 871-7464.

**Breast Care** Maine Medical Center invites individuals and groups of women to learn about breast health. At Maine Medical Center's Breast Care Center, 100 US Route 1, Scarborough. For more info, call 885-7760.

**Breast Self-Exam Classes** are offered by the Breast Health Resource Center at Mercy Hospital, which teach women how to perform breast exams—what to look for, what a lump might feel like, and what to do if you find something that doesn't seem right. Ongoing classes held on the third Thursday of each month, from 5:30-7:30 pm. At Mercy Hospital, the Breast Health Resource Center, on the fifth floor. To register, call 879-3496.

**Childbirth Education Classes** cover all aspects of labor and birth, from changes induced by pregnancy to parenting. Begins Feb 24 and lasts six weeks. At Greater Portland, 144 State St., Portland, from 6:30-8:30 pm. Cost: \$70. Additional classes start on various dates and in various locations. Condensed and refresher classes also available. For more info and to register, call 879-3496.

**Community Education at Maine Medical Center** offers a number of classes for people expecting a baby, among them: Childbirth Education, Childbirth Refresher, Siblings Class, Marvelous Multiples Class, Baby Yourself, Breastfeeding, Baby Basics, Infant Safety and CPR, Infant Massage, and Practical Skills for Good Labor Support. At Maine Medical Center, 22 Bramhall St., Portland. 871-6132.

**Concerned About Lead?** To learn about lead and the risk it poses to your family, request a lead fact sheet prepared by the U Maine Cooperative Extension Service. 1-800-287-1471 or 780-4205. For information about childhood risk and screening, call 287-3259. Free to YMCA members, \$5 for others. Child care available on site for \$2.50. 874-1111.

**Confidential STD Clinic** The Portland Public Health Division sponsors a Sexually Transmitted Disease Clinic, offering confidential, low-cost screening and treatment on a walk-in basis. Tues and Thurs from 3:30-6 pm at Portland City Hall, Room 303, 389 Congress St., Portland. Medicaid accepted. Anonymous and confidential HIV testing by appointment only. 874-8446.

**Costs and Solutions for Workplace Stress** Jan 15. USM Lifeline Center hosts a seminar on reducing employee stress, facilitated by David Lee of the Phoenix Project. Co-sponsored by UNUM. At the Doubletree Hotel, 1230 Congress St., Portland, from 8 am-12 pm. Cost: \$75. To register, call 780-4170.

**Depression Screening** Coastal Counseling Associates in collaboration with National Mental Illness Screening Project and National Depression Screening Day offer a free screening on the first Monday of each month. Call 878-3141 for an appointment.

**Elderise** A body movement group for senior adults, meets Wed, 9:10-10:30 am at the Cummings Center, 134 Congress St. Transportation available. 874-8784.

**Expecting a Baby?** Maine Medical Center offers a variety of classes for people expecting a child. At Maine Medical Center's Family Birth Center, 22 Bramhall Center, Portland. For a full listing and schedule, call 871-6132.

**Free ADD/ADHD Presentation** available to community groups and/or individuals who are looking for alternatives to Ritalin. Presented by Parents Against Ritalin. 775-0514.

**Free HIV/AIDS Presentations** available for community groups through the American Red Cross. 874-1192.

**Free Monthly Meditations** based on the teaching of Dhyanygi and Anandi Ma are held the third Sun of every month. Next sessions are Jan 18 and Feb 15. At the Yoga Center, 137 Preble St., Portland, at 6 pm. 799-4449 or 775-0975.

**Fresh Start** Free group to help those who are ready to quit smoking. Mondays at Martin's Point, 331 Veranda St., Portland, from 6-7 pm. 828-2497.

**Greater Portland Parkinson Support Group** invites all those with Parkinson's, as well as their friends and family, to meet the fourth Sun of each month in the Parish Hall, Falmouth Congregational Church, 267 Falmouth Rd., Falmouth at 2 pm. 797-8927 or 774-3312.

**"Healthpoints"** A health education newsletter and calendar of summer health education programs is available by calling the Health Education Center at Martin's Point Health Care in Portland. 828-2497 or 1-800-260-6681.

**Heartline Cardiac Rehabilitation Program** is designed for individuals who have had a heart attack, angioplasty, bypass surgery, angina or are at risk for heart disease. Classes are held Mon, Wed, Fri at 7:30 am and 6 pm in the USM Sullivan Gym, 96 Falmouth St., Portland—with nurse-supervised exercise programs as well as nutrition, medication and risk factor information. Registration is ongoing, medical clearance required. 780-4170.

CONTINUED ON PAGE 41

## BEAT YOUR AEROBICS CLASS

### KARDIO KICKBOX

KARDIO KICKBOX

is high energy & motivating: it's the non-contact kickboxing workout with the kicks of Tae Kwon Do & the punches from Boxing.

KARDIO KICKBOX

will give you the results you've always wanted, while also learning to defend yourself in any situation. From shoulders to calves you will become lean & strong. You'll tighten, tone & firm your body while building a positive self-image, increasing your self-confidence & reducing your stress level.

KARDIO KICKBOX

is for everyone - from those who want to get in shape to those looking for the ultimate workout.

FREE INTRODUCTORY CLASS  
TO ALL WOMEN IN THE COMMUNITY  
- LIMITED TIME ONLY -



CALL 774-3478  
TODAY

for schedule and  
location nearest you



## SUMMER CAMP FAIR

Wednesday, January 21

5:00-8:00 PM

Waynflete School Gym  
360 Spring Street  
Portland, Maine

FREE ADMISSION

\$200. "Campership" will be raffled off to one lucky family.

Come to the Summer Camp Fair and meet representatives from New England's finest camps: day camps, sleep away camps, travel programs, etc.

Those over 18 will be able to explore possible job opportunities.

LIGHT SUPPER FARE AND SNACKS FOR SALE  
(Snow Date - Jan. 22, 5:00-8:00 PM)

## NIGHTLY DINNER SPECIALS

includes: Chicken and Pork Mole

Chicken and Pork Mango

Lunch Specials starting at \$3.95 Mon-Fri until 4

Chili Happy Hour in lounge Mon-Thurs 4-7

free chili, salsa & chips

### TORTILLA FLAT

A memorable Mexican experience you can afford anytime  
1871 Forest Ave., Portland • 797-8729 • Open 7 days  
On the way to Sebago Lake & The White Mountains  
Other Locations: Burlington, VT - Portsmouth, NH - Merrimack, NH



The  
GREAT LOST  
BEAR

presents

The All-American Microbrew Showcase  
every thursday in January 5 to 9 pm.

Thursday 1/15 Maine Coast Brewing Co., Bar Harbor, Me. Owner/Brewer Tom St. Germaine will be pouring Espresso Stout and Maine Coast E.S.B.  
Thursday 1/22 Sea Dog Brewing Co., Camden, Me. Featuring Old East India I.P.A., Owl's Head Light, Penobscot Pilsner and Cabin Fever Winter Stock Ale.  
Thursday 1/29 Boston Beer Company, Jamaica Plain, Ma. Introducing Samuel Adams White Ale as well as specials on Sam Lager, Winter Lager and Cream Stout.

540 Forest Avenue • Portland, ME • 772-0300 • <http://www.greatlostbear.com>

## Bowdoin College Student Union Presents

ARROW

"King of Soca"  
"Too dynamic to miss"

Thursday, Jan. 22

8:00pm

Free show

David Smith Union,

Morrell Lounge

DANNY HOCH

"Jails, Hospitals & Hip-Hop"

"Comedy is not

always just comedy"

Saturday, Jan. 24

8:00pm

Tickets \$8

Pickard Theater

THE MYSTICAL ARTS OF TIBET

"Sacred Music & Dance for World

Healing"

Friday, Feb. 5

8:00pm

Tickets \$12.50

Pickard Theater

all shows are on the Bowdoin campus  
207-725-3375 • For more information



# DINING

YOU'VE BEEN MISSING IT ALL THESE YEARS  
WHY NOT COME EXPERIENCE

*The Spirited Gourmet in 1998*

Offering  
Gourmet Sandwiches ~ Gourmet Grocery Items  
Fine Wines ~ Catering ~ Gift Baskets  
Wine of the Month Club  
Delivery of Fine Wines to Your Door

*the Spirited Gourmet*  
fine foods-wines

142 St. John Street, Portland, ME 04102  
773.2919 fax 773.1199

**Phnompenh & Tokyo**  
RESTAURANT

FORMERLY  
FRESH CATCH  
FISH MARKET  
& SUSHI BAR

**CAMBODIAN LUNCH  
CUISINES (MON-FRI)**

**ALL YOU CAN EAT  
SPECIAL EVERY  
WEDNESDAY NIGHT**

265 SAINT JOHN STREET  
ACROSS FROM UNION STATION  
775-7622

HOURS: M-F 11-2, 5-10PM • SAT 4-10 • CLOSED SUN

**WILL DELIVER SUSHI ONLY,  
ASK ABOUT OUR MINIMUM ORDER POLICY**

**ASYLUM**  
XXL

**Sports Bar & Restaurant**  
WINNING ALL-STAR MENU  
OPEN FOR LUNCH & DINNER  
MON-SAT 11AM-11PM  
SUN 11AM-9PM

MON-FRI 4-7PM  
\$1 Off Appetizers, \$2.25 Microdrafts  
\$1.25 Domestic Drafts  
Free Buffet Thursday & Friday

**POOL ROOM OPEN  
7 DAYS A WEEK!!**

121 CENTER ST 772-8274  
Come every Sunday to increase your  
chances to win a brand new  
snow board on Superbowl Sunday!!  
You must be present to win!!  
E-mail [asylum@agate.net](mailto:asylum@agate.net)

**Perfetto**  
CASUAL MEDITERRANEAN

Cal-Ital from San  
Fran: Grilled meats,  
fish, pastas and more

Approachable  
wine list with  
weekly specials

Weird Martinis  
{Drink Specials M-F, 4-6}

Brunch includes Banana  
Bread French Toast,  
Homemade Bloodies,  
and more!

Lunch 11:30-3 M-F • Sunday Brunch 10-3  
Dinner Begins at 5 every day

RESERVATIONS WELCOME  
828-0001  
28 Exchange St. • Old Port  
(Just a cool little joint!!)

**FRIENDSHIP CAFE**

Portland's Brunch Place  
to meet and eat.  
Serving breakfast  
all day long.  
Sa & Sun brunch only.

Come and enjoy our  
2 for 1 lunch  
specialty item. Lunch  
at 11am weekdays.  
Satisfaction guaranteed!

703 CONGRESS ST., PORTLAND • 871-5005 • MO-SA 7AM-3PM • SU 7:30AM-3PM

**AMERICAN**

**NATASHA'S.** Portland's newest restaurant featuring New American-style menus for breakfast, lunch and dinner prepared with the freshest ingredients, including pastas, local fish, grilled meats, and many vegetarian selections. Breakfast Tue-Fri 7-11; Lunch Tue-Fri 11:30-2:30; Dinner Tue-Fri 5-9; F-Sa 5-10; Brunch Sa-Su 8-3. 40 Portland St., 774-4004. Handicapped accessible.

**OLD PORT TAVERN.** Try our delicious daily specials & usual mouth-watering fare. Sun-Thurs Prime or Adam's Rib only \$11.95. Visa, MC, Am Ex. 11 Moulton St., Portland. 774-0444.

**RAUL'S ROADSIDE ATTRACTION.** Enjoy lunch or dinner in our funky, casual atmosphere, comfortable enough to bring a date or dine alone. Sandwiches, appetizers, vegetarian items and homemade desserts. Hours: Mon-Thurs 4-10p; Fri-Sun 11a-10p. MC & Visa accepted. Parking. 865 Forest Ave. Portland. 773-6886.

**STONE COAST BREWING COMPANY.** Full-service, non-smoking restaurant with something for everyone — from a quick burger or sandwich to fresh seafood or char broiled sirloin. Lunch and dinner, 11:30a-10p. Sun-Thurs (until 12a, Fri & Sat). Sunday Brunch Buffet with live jazz from 11a-2p. Plenty of free parking. 14 York St., Gorham's Corner, Portland. 773-BEER.

**SEAFOOD**

**DOWN-EAST VILLAGE RESTAURANT.** Widely known for excellent cuisine, we offer beautifully prepared selections, including a variety of fresh seafood or char broiled sirloin. Reminiscent of Yarmouth's ship-building days gone by. Dinner served Fri & Sat w/ authentic ethnic buffet Thurs evenings, Oct.-May. Breakfast and lunch served daily. 705 U.S. Rt. 1, Yarmouth, 846-5161.

**J'S OYSTER.** Enjoy white linen quality dining in a relaxed atmosphere with a lovely view overlooking Portland's working harbor. Savor our specialty shellfish and pasta dishes and much, much more. MC/Visa/Discover accepted. Parking in adjacent lot. 5 Portland Pier, Portland. 772-4828.

**NATURAL FOODS / JUICE BAR**

**MESA VERDE.** Flavorful, healthful Mexican dishes, vegetarian specialties and healthy juice bar. Happy Hour Mon-Fri, 3p-6p. Enjoy fresh juices, fruit shakes, smoothies, juice combinations, fresh fruit margaritas, rum smoothies and other frozen delights. Casual atmosphere. Serving lunch & dinner. Take-out available. 618 Congress Street (across from the State Theatre) 774-6089.

**CAFE**

**BARBARA'S KITCHEN AND CAFE.** Acclaimed So. Portland destination offering appetizers like asparagus wrapped with prosciutto and honey-mustard, savory entrees like Moroccan chicken with lemon, olives, saffron, and capers, seafood and vegetarian fare. Breakfast and lunch, Tue-Fri, 7a-3p; Sat-Sun, 8a-2p; Dinner Thurs, Fri and Sat, 5p-10p. 388 Cottage Rd., 767-6313.

**BINTLIFF'S AMERICAN CAFE.** (Daily 7am-2p) Experience signature items, custom omelettes, wraps, tortillas, and other American Fusion Cuisine. Selective dinner menu (5:30p-9p) will please the simplest of cravings to the most discriminating palates. Homemade desserts, full bar and extensive wine list in Greek Revival surroundings. 98 Portland St. (across from the post office). 774-0005.

**BLACK TIE.** Savor our simple, satisfying fare or elaborate cuisine: hearty soups, delicious sandwiches, pastries.

homemade desserts, tempting lunch entrees and famous \$4.95 blue plate special — a hot lunch which changes daily. Take home dinners always available. Catering specialists onsite. Open Mon-Fri 7:30a-3p. Free parking. 870 Broadway St., Portland. 799-7119.

**BLUE MANGO CAFE.** New owners have transformed the old Woodford's Cafe into a lunch and dinner eatery with full bar. Featuring Chicken Orpoto and Jamaican Seafood Gumbo. Fresh seafood, homemade soups, breads, dressings, and desserts. Listed by Holiday Inn Preferred Restaurants. Major credit cards accepted. Open Tues-Sun, 11a-11p. 129 Spring St. 772-1374.

**FRIENDSHIP CAFE.** Enjoy breakfast and lunch in a friendly, casual atmosphere. For breakfast, over-stuffed omelets, fresh quiche, pancakes and more served all day. Two for one lunch special, daily at 11am. Lunch includes a wide variety of soups and homemade specialties. Specialty coffee drinks. Open Mon-Sat, 7am-3pm; Sun 7:30am-3pm. 703 Congress St., Portland. 871-5005.

**THE MUSEUM CAFE (PORTLAND MUSEUM OF ART)** Tasty lunch items, desserts, and pastries served in a distinctive setting. Tues-Sat 11:30a-3p, Sun 12p-3p. Seven Congress Square. 775-6148.

**SWEET ANNIE'S TEA SHOP.** Try our tasty roll-ups, chilled soups, well-filled crepes, popovers & fresh fruit desserts. Hearty sandwiches made on Borealis bread, delectable baked goods and Portland's widest assortment of tea by the cup, ounce or pound. Open Tues-Fri, 11a-6p, Sat 11a-5p, 642 Congress St., Portland. 773-3353.

**LIGHT FARE**

**SMILING HILL FARM ICE CREAM & SANDWICH SHOPPE.** Over-stuffed sandwiches, fresh salads, farm-made chowders, chilis and soups. Daily 11a-2p. Over 40 flavors of ice cream and non-fat frozen yogurts. Ice cream pies and cakes, frappes, floats, sundaes, cones and humongous sundae bar. Daily 11a-7p. (Daily & Farm Market 9a-7p.) 781 County Road (Route 222), Westbrook. 775-4818.

**DINER**

**BECKY'S ON HOBSON'S WHARF.** Scrumptious homemade desserts in an authentic style diner. Breakfast, lunch and now serving dinner Tues-Sat evenings until 9pm. Hours: Tues-Fri 4a-9p, Fri midnight-Sat 9p, Sat midnight-Sun 1p, Mon 4a-2p. Parking. 530 Commercial St., Portland. 773-7070.

**CARIBBEAN / CAJUN**

**SEVANA'S.** Come and eat "Something Different." Our authentic cuisine is sure to spicken up your taste buds. Selective caribbean and cajun dishes includes Roti, Curry Shrimp/Lobster, Jerk Chicken/Pork, Jambalaya, Gumbo and much more. Caribbean atmosphere. Dine-in or Take-Out. Open Tue-Sun, Lunch 11a-2p, Dinner 5p-10p. 144 Cumberland Ave., Portland. 761-7654.

**WRAPS**

**FEDERAL SPICE.** Original four-star concepter serving the best in wraps with multi-ethnic and heart-healthy ingredients from around the world. All under \$6! Everything available to go. Delivery available 11:30a-2p. Mon-Fri. \$2.50 Micro Pits after 5 p! Open Mon-Sat 11a-3p, Sun 1p-8p. 225 Federal St., Portland. 774-6404.

**ECLECTIC**

**ASYLUM.** Looking for fantastic food & excellent entertainment? Seek Asylum. Scrumptious soups, sexy salads & sophisticated sandwiches. Daily specials, fresh desserts &

**PORTLAND'S BEST FIRESIDE DINING!**

BRUNCH UNDER \$5  
LUNCH AROUND \$6  
DINNER UNDER \$10

\$2 PINTS & LIVE MUSIC EVERY THURSDAY EVENING  
FREE CUP OF SOUP W/THURSDAY LUNCH

**THE BARKING SQUIRREL**  
Deering Oaks Park - Portland - 774-5514

OPEN LUNCH & DINNER (THURS-SAT) & BRUNCH (SAT & SUN)

**Barbara's Kitchen & cafe**

Experience our new  
winter menu & spirits  
Including seafood, pasta, steak,  
chicken & vegetarian fare

Dinner Th. Fr. Sa. 5-10 Breakfast & Lunch  
Tu.-Fr. 7-2; Sa. Su. 8-2

CATERING FOR ALL OCCASIONS  
CAFE AVAILABLE FOR PRIVATE PARTIES  
767-6313 • fax 799-5037  
388 Cottage Rd. • So. Portland

**NORM'S BAR.BQ.**

"wicked good sauce"

W-TH 12-10, F & T 12-11, SUN 3-9  
CLOSED MONDAY & TUESDAY  
43 Middle St. Portland, ME 774-6711

**Victory Deli & Bake Shop**

(7 days a week)  
**BREAKFAST**

Cinnamon raisin French toast  
Multigrain pancakes w/ blueberry compote  
Vegetable and potato grill  
Fritatas

Breakfast burrito  
Cranberry/blueberry pancakes  
Omelettes  
Fresh baked pastry

And much more!!  
(Monument Square - Portland) 772-7299

**BINTLIFF'S AMERICAN Cafe**  
Unique Daily Brunch

**DINNER FRI-SAT  
5:30-9:00**

7am-2pm Daily  
Open 7 days a week  
"Mr. Bintliff is Back" @ 774-0005  
(Across from the Post Office)

homemade bread. Happy Hour 4p-7p. Mon-Fri. Free Buffet Thurs-Fri, 121 Center St., Portland, ME. 772-8274.

**THE BARKING SQUIRREL - CAFE IN THE PARK.** Deering Oaks Park, Portland's answer to "Tavern on the Green." Enjoy lunch, candlelit dinner or Sunday brunch next to our huge, crackling fireplace. Homemade, multi-ethnic and American cuisine starting at \$1.50. Kid's menu. Beer & Wine. Serving Lunch & Dinner Thurs-Sat, Brunch Sat, til noon & Sun til 3p. Parking. Visa & MC. 774-5514.

**BRAY'S BREWPUB & EATERY.** Serving lunch, dinner, pub fare, and fresh Bray's ales brewed on the premises. Occupying a 120-year-old Victorian farmhouse, Bray's emanates a comfortable atmosphere of old-fashioned charm and simplicity. Open year-round. 45 minutes from downtown Portland on Rt. 302 at Rt. 35 in Naples. (207) 663-6806.

**CAFE UFFA.** Multi-ethnic vegetarian and fish specialties including applewood grilled salmon, pan-seared Casco Bay scallops, fresh ravioli and fish sausage. Hand-picked wine and beer selection, including ten wines by the glass. Geary's Hampshire and Pyramid Ales. Breakfast Wed-Sun, Dinner Wed-Sat. Visa and Mastercard accepted. 190 State St., Portland. 775-3380.

**COTTON STREET CANTINA.** Delicious meals including Grilled Tequila BBQ Chicken and Chimichurri Quesadilla. Dinners include Chili Shrimp Corn Cake, Fresh Fig and Walnut Goat Cheese Tart. Lunch Mon-Fri, 11:30a-2:30p; Dinner Mon-Thurs, 5p-9:30p; Fri-Sat, 5p-10:30p. Happy Hour Thurs-Fri, 4p-6p, 10 Cotton St., Portland, behind Brian Bou's. 775-3222.

**GEORGE'S.** Delicious food, creatively presented, an accessible wine list, and a welcoming atmosphere. Come for cocktails, coffee, dessert, or dinner and you'll be back! Full bar. Dinner seven days/week, 5p-10p. Brunch Sat & Sun 9a-2p. Full late-night menu Thurs, Fri & Sat. MC/Visa/Amex. George's 21 Pleasant St., Portland. 774-5260.

**GREAT LOST BEAR.** Full bar — now featuring 50 beers on tap. Extensive menu... sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodfords area. MC, Visa, Amex accepted. Parking. 540 Forest Ave. Portland. 772-0300.

**KATAHDIN.** Spring & High Streets • 774-1740. Featuring Portland's most eclectic and best tasting menu. Great foods made with only the freshest of ingredients. Come in and enjoy the fun atmosphere, nationally published recipes, and award winning desserts. Open Tues-Thurs 5p-9:30p, Fri & Sat 5p-10:30p.

**PERFETTO.** Funky flavors of the Mediterranean by Chef Scott Pelletier. Entrees include grilled meats and fish, local seafood, fresh pasta, and our famous Paella (\$12-\$16). Approachable wine list and full bar. Lunch Mon-Fri, 11:30a-3p; Dinner starts at 5p seven days. Sunday Brunch 10a-3p. 28 Exchange St., Portland. 828-0001.

**PORT BAKE HOUSE.** Take-out fresh baked pastries and great lunches. Summer seating on the deck. Soups with pizzazz, creative deli sandwiches and healthy salads. All our decadent European cakes and tortes available Fri & Sat evenings by the slice. Enjoy them on our romantic deck. 205 Commercial St., Portland. 773-2217.

**TABITHA JEANS.** Maine's most cosmopolitan restaurant offering an eclectic menu including the freshest in seafood, grilled and vegetarian dishes, friendly service, and extensive wine list. Lunch: Mon-Sat, 11:30a-3p. Dinner: seven nights

starting at 5. All major credit cards. Handicapped accessible. Smoke free. Member Bar & Shop. 94 Free St., Portland. 780-8965.

**VICTORY DELI & BAKE SHOP.** Hearty breakfast, mouth watering baked-from-scratch breads and pastries, freshly prepared soups, stews, salads, pasta and vegetarian specialties, delicious sandwiches, Beer & Wine. Monument Square, 299 Forest Ave. and One Portland Square. MC/Visa accepted. 772-7299, 772-3913, 772-8186.

**ZEPHYR GRILL.** brunch (brunch) n. 1 a late first meal of the day that takes the place of both breakfast and lunch. 2 feta and spinach fritatas, multi-grain pancakes, wild mushroom and Brie omelettes, with hand-cut bacon, salmon steaks, and more. 9:30a-1:30p, \$3.50-\$7, 653 Congress Street, 207-628-4033.

**ZYGOT BOOKWORKS & CAFE.** Inviting and friendly service. Inspired and inventive food. Reasonable prices. Described as a place that "not only nourishes your body but actually changes your state of mind." Specializing in vegetarian soups, chilled noodle dishes & great sandwiches. Open Mon-Fri 8a-7p, Sat 10a-3p. Closed Sundays. 61 Pleasant St., Portland 775-4121.

**MARKET, CAFE & CATERING CO.**

**AURORA PROVISIONS.** Fresh baked scones, Herculean coffee, morning music, seasonally inspired soups, sandwiches, and Chef Cheryl's renowned gourmet dinners to go. Outstanding wine and beer selection, unique housewares, fresh produce and sundries. Tues-Sat 7-10:30p, Sun 8a-6p, 64 Pine Street in Portland's West End, free parking. 871-9060, MC VAE.

**WOOD GRILL**

**RACHEL'S WOOD GRILL.** Inventive cuisine delicately seasoned with wood smoke and cooked the way God intended — over flame. Elegantly unpretentious atmosphere. 25 wines by the glass. Lunch Tues-Fri 11:30a-2:30p, Dinner Tues-Thurs 5:30p-9p, Fri & Sat 5:30p-10p. MC, Visa. 90 Exchange St. (upper Exchange) Portland. 774-1192.

**PIZZA/PIZZERIA**

**RICETTA'S.** Scrumptious & creative entrees & lunches like you've never tasted. Pasta dishes, calzones, antipasto, salads, soups, sandwiches, pizza & delicious desserts — or try our tasty lunch buffet. What makes us unique? Wood-fired, brick oven cookin'! Call for delivery. Open Sun-Thurs 11:30a-10p, Fri & Sat 11a-11p. 23 Western Ave., S. Portland. 775-7400.

**ITALIAN**

**ANTHONY'S ITALIAN KITCHEN.** Voted best in Portland 2 years running! Pizza - pasta - sandwiches - beer & wine. We make the best wraps in town! Try our mile-high lasagna! We sell 3000 slices of pizza a week! Come in and see why. "Portland's best cheap eats." Visa, MC, AMEX. Parking, handicap accessible. 151 Middle St., Portland. 774-8668.

**FRESH MARKET PASTA.** Voted "Best homemade pastas and sauces" in Portland 3 years running. Open for lunch, dinner, Italian wine and beers. Espresso, Cappuccino, Desserts. Bring the family! MC, Visa and Amex accepted. 43 Exchange St. 60 Market St., Portland. 773-7146.

**BAR-B-QUE**

**NORM'S BAR BQ.** "Portland's Best New Restaurant" featured

**R.A.C.H.E.E.L.S.**  
WOOD • GRILL

**Comfort Food in a Cozy Atmosphere**  
Food cooked over a wood fire  
EXTENSIVE WINE LIST  
25 WINES BY THE GLASS

CHEF OWNED LAURA VINCENTI AND ROBERT BUTLER  
RESERVATIONS RECOMMENDED  
90 EXCHANGE ST. • PORTLAND • 774-1192

ing Norm's Wicked Good Sauce, Smoked Ribs, Fried Chicken, Black Bean Soup, BBQ Sandwiches, Caffish and daily Tapas. Beer & Wine available. Lunch and Dinner Tues-Thurs 12p-10p, Fri & Sat 12p-11p, Sun 3p-9p. Closed Mondays. No Credit Cards. 43 Middle St., Portland. 207-774-6711.

**MEXICAN**

**GRANNY'S BURRITOS.** 420 Fore St., Old Port, Portland. 781-0751. Preparing all of your Mexican favorites: Burritos, Quesadillas, Nachos & more. Functional food for functional folks — burritos until midnight!

**MARGARITAS MEXICAN RESTAURANTS.** 2 great locations in Portland! 242 St. John Street at the Union Station Plaza, 874-6444 and 11 Brown Street, opposite the Civic Center, 774-9398. These amigos know how to serve up huge, oversized meals and colorful-sized drinks! Happy Hour starts at 4p with free hot appetizers and great drink specials.

**TORTILLA FLATS.** A memorable experience in fine, affordable Mexican cuisine. Chili Happy Hour Mon-Thurs, 4-7, free chips, salsa and chili. Open Sun 12p-9p, Mon-Thurs 11:30a-close, Fri-Sat 11:30a-11p. Free parking. VISA, MC, AMEX, and Discover. 1871 Forest Ave., Portland, between Riverside and the Tumpike. 797-8728.

**ICE CREAM / DESSERTS**

**Q'S ICE CREAM.** Q's own homemade superpremium ice cream, made exclusively on the premises using only the finest ingredients. Also serving Green Mountain Coffee, cappuccino, espresso, baked goods & other inspired desserts. Relax in a warm, friendly atmosphere. Open until 9pm Sun-Thurs, 10pm Fri-Sat. 505 Fore St., Portland. 773-7017.

**Natasha's**

New American Cuisine  
40 Portland St. • Portland 774-4004

**PORTLAND PRESS HERALD**

**CHEAP EATS**  
JAN 1, 1998  
★★★★1/2 FOOD  
★★★★ SERVICE  
★★★★1/2 VALUE FOR THE MONEY

**"YOU'VE GOT TO TRY THIS PLACE"**

Breakfast Tues-Fri 7am-11am  
Brunch Sat-Sun 8am-3pm  
Lunch Tues-Fri 11am-2:30pm  
Dinner Tues-Thurs 5pm-9pm  
Fri-Sat 5pm-10pm

**ANTHONY'S**  
Italian Kitchen  
"A Lot of Italian for Not Much American"  
151 Middle St., Portland  
774-8668/FAX 774-2395



## PORTLAND SYMPHONY ORCHESTRA

Toshiyuki Shimada • Music Director & Conductor

### English Baroque Masters

SATURDAY, JAN. 24, 5:00 p.m.

Concert Conversations: 4:00 p.m.

SUNDAY, JAN. 25, 2:00 p.m.

Concert Conversations: 1:00 p.m.

Portland High School Auditorium

Choral Art Camerata,  
Robert Russell, director

CLARKE Trumpet Voluntary  
HANDEL Concerto Grosso in F, Op. 6, No. 9  
PURCELL Trumpet Tune  
PURCELL Dido and Aeneas (concert version)

Enjoy a rare performance of Purcell's music-drama masterpiece.

Tickets \$29, \$39, Half-price for students.

PortTix: 842-0800 • Fax: 842-0810 • Mon.-Sat., Noon-6

www.portland.com/symphony



## START OFF 1998 IN THE RIGHT DIRECTION.

### THE MAINE HOME & REMODELING SHOW

JANUARY 16th, 17th & 18th, 1998

CUMBERLAND COUNTY CIVIC CENTER  
PORTLAND, MAINE

With more than 130

exhibitors expected, the Maine Home & Remodeling Show is sure to be one of 1998's biggest events. And the ongoing demonstrations, events and entertainment we've planned will make it a must-see for anyone looking for home related products, services, or just ideas. DON'T BE LEFT OUT!

Mark your calendar now for January 16th through the 18th. Plan to be here all three days!



**\$1 OFF COUPON**  
Present this coupon & get \$1 off adult admission.  
JANUARY 16th, 17th & 18th, 1998

**THE MAINE HOME & REMODELING SHOW**  
JANUARY 16th, 17th & 18th, 1998

**Casco Bay Weekly**  
WPOR 101.9

**DEMONSTRATIONS**

Pottery Throwing

Faux Painting & More

**ENTERTAINMENT FOR KIDS!**

Magic from the Amazing Van Dini

Center Court Park Play Area

**BIG BOY PRIZES!**

Ski passes, Portland Pirates & Sea Dogs tickets,

plus lots of other giveaways

**ADMISSION:**

Adults \$4 / Seniors (65+) \$3

Kids Under 12 FREE!

## The 1998 Bernard A. Osher Lecture Reality Under Siege: An Evening with Sandy Skoglund

Wednesday, January 21, 6 p.m.  
Holiday Inn By The Bay, 88 Spring Street

In conjunction with the exhibition *Making It Real*, contemporary artist Sandy Skoglund will speak about her work. Her well-known photographs and installations feature monochromatic rooms animated by color-saturated subjects such as neon orange fish, indigo dogs, and chartreuse cats.

Advance reservations required. No phone reservations.  
Tickets: \$5/Museum members; \$8/non-members.  
Tickets may be purchased at the Museum's Front Desk.

## Portland Museum of Art

Seven Congress Square • Portland, Maine 04101 • (207) 775-6148

## The Best Way To Lose Weight And Stay In Shape!



Working out on a StairMaster® stairclimber for just 20 minutes a day, 3 times per week, is one of the best ways to stay in shape and add years to your life. With an ongoing workout program on your StairMaster stairclimber, you can experience these extraordinary benefits:

- Lose weight and keep it off
- Lower your cholesterol level
- Sleep better
- Reduce your risk of heart disease
- Reduce stress
- Relieve lower back pain

FOR YOUR FREE VIDEO  
AND CATALOG, CALL

**1-800-782-4799**

DEPT. 596

©1998 Star Master Sports/Medical Products, Inc. StarMaster and StairMaster are registered trademarks of StarMaster Sports/Medical Products, Inc. in the United States and other countries.

CONTINUED FROM PAGE 36

**Hospice of Maine** volunteers provide four hours a week of non-medical assistance and support to the terminally ill and their families. If you or someone you know could use a volunteer, call 774-4417.

**Juvenile Diabetes Foundation** holds meetings the second Tuesday of every month at the NRG Barriers Building, 27 Pearl St., Portland, from noon-1 pm. 854-1810.

**"The Lighter Side of Italian"** Jan. 22, Maine Medical Center invites you to explore healthy ways to eat and lose weight. At Maine Medical Center cafeteria, 22 Bramhall St., Portland, from 6-8 pm. Cost: \$10. 871-0111.

**Look Good ... Feel Better** A program for women who face changes in their appearance resulting from cancer, who wish to improve their appearance. Offered by the American Cancer Society. Classes meet the last Wed of each month at Mercy Hospital, 144 State St., Portland, from 1-3 pm. 879-3030.

**Maine HEAL** Maine's chapter of the Human Ecology Action League meets every fourth Tues of each month from 6:30-8 pm, in Portland. For more info and location, call Sheila at 839-3597.

**Maine HIV Prevention Community Planning Group** A mixture of at-risk individuals and professionals makes recommendations to the Bureau of Health regarding requests for and spending of federal grant moneys. They are currently seeking people usually found on recommending committees to come forward. For applications and information, write to: Maine HIV Prevention CPG, Medical Care development Inc, 11 Parkwood Dr., Augusta, ME, 04330, 622-7566.

**Martin's Point Health Care** offers a number of winter classes, including stress management, exercise planning, menopause support and memory improvement. At the Health Education Center, Martin's Point Health Care, 331 Veranda St., Portland. For more info, call 828-2497.

**Merrymount AIDS Support Services** trains volunteers to work one-on-one with people with AIDS, their families, partners and caregivers. If you are affected by HIV/AIDS and would like a buddy, or if you are interested in training to become a buddy, call Deb Stone at 725-4955. Or write to MASS at PO Box 57, Brunswick, 04011.

**Movement for Osteoporosis Prevention** groups for women in midlife offered by New England WomenCenter, 66 Pearl St., Portland, Thurs from 5:30-7:30 pm. 761-4700.

**Natural Healing Children's Clinic** for children of all ages, infants to age 18, accompanied by parent(s) or guardian. At the United Methodist Church, 17 Chestnut St., Portland. The last Sat of each month, from 10 am-2 pm. By donation only. 774-5304.

**People With Disabilities** support group announces an important meeting to discuss creating a recreation group, Jan. 15, at Alpha One Office, 127 Main St., So. Portland, from 1-3 pm. 767-2189.

**Planned Parenthood** offers HIV testing, annual exams, pregnancy testing, birth control information and supplies (free condoms), testing and treatment for STDs and infections, menopause services and more at its health center at 970 Forest Ave., Portland. Handicapped accessible, confidential and affordable. Medical is welcomed. 874-1095.

**Portland Public Health Adult Immunization** located at City Hall, 399 Congress St., Portland. Vaccines for measles, mumps, rubella, adult tetanus, hepatitis B, pneumococcal available, as well as rabies and tuberculin testing. 874-8784.

**Portland Street Clinic** This clinic provides free comprehensive health care for adults at the Community Resource Center, 15 Portland St., Portland. The clinic is sponsored by Mercy Hospital and administered by the city of Portland Public Health Division and is open Mon-Thurs 9-5 pm. All services are free and are by appointment only. 874-8982.

**Portland Yoga Studio** New classes offered. For full schedule contact Portland Yoga Studio, 62 Avalon Rd., Portland. 797-5684.

**Prevention Education Groups for Men Who Have Sex With Men** Groups meet at The AIDS Project, 615 Congress St. (or during non-office hours, 142 High St., 6th Floor) Portland. Contact Victor Rash at 774-6877.

**Pulmonary Rehabilitation Program** offered through USM Lifeline, Tuesdays and Thursdays from 11:15-noon. Program includes progressive, nurse-supervised exercise and education, including respiratory hygiene, relaxation techniques and nutrition. Registration is ongoing, medical clearance is required. 780-6468.

**Recovery Inc.** a group for mental health using professionally developed methods to overcome depression, anxiety, anger, fear and phobia. Meetings Saturdays at Maine Medical Center at 10 am. Free. 892-9529.

**Safer Sex for Men** An ongoing free discussion group for gay, bi and questioning men of all ages takes place on Wed from 7-9 pm. 774-6877.

**Senior Fitness** A program for men and women age 65 and over takes place Mon, Wed and Fri from 10:30-11:15 am at the USM Sullivan Gym, 96 Falmouth St., Portland. 780-4170.

**Senior Fitness Program** A comprehensive health and fitness program for people over the age of 65. Ongoing. At 49 Park St., Freeport. Tues, Wed and Fri at 7:30 am. Contact Jerry Blake for more info at 865-6462.

**"Slim for Life"** A nutrition education and weight management program. Hosted by Martin's Point Health Education Center, Portland. Meets each Tues, Jan 6-Mar 10, from noon-1 pm. Also hosted by Cape Elizabeth Community Services, Cape Elizabeth. Meets

on Tues, Jan 27-Mar 31, from noon-1 pm. Sponsored by the American Heart Association. Pre-registration required. Cost: \$65. For registration and exact locations, call 800-937-0944.

**Solution Focused Motivational Group** designed for people who would like to explore whether they have a problem with alcohol or drugs. Sliding scale available. Sponsored by Catholic Charities of Maine, 775-5671.

**"Spirituality and Healing"** Harvard Medical School offers a course on nursing and spiritual healing practices, placebo-effect healing and other topics. The class meets on Sun, Jan 25-March 8, from 3-5 pm. At Kresge Auditorium, Visual Arts Center, Bowdoin campus, Brunswick. Free. 725-3832.

**Teen/Young Adult Clinic** is a place to go for health concerns, medical problems, sports/school physicals or birth control issues. Open Mondays from 4-8 pm to anyone 13-21, at Maine Medical Center, 22 Bramhall St., Portland. Walk-ins seen before 7 pm. 871-2763.

**Water Aerobics** Aggressive aquatic exercise program. Mon and Wed from 7:30 pm-8:30 pm, Tues and Thurs from 10 am-11 am. At the YWCA, 87 Spring St., Portland. Punch tickets and 8 week sessions avail. For more details, call Carolyn at 874-1130 X 3048.

**Well Child Health Clinic** VNA & Hospice offers physical exams, immunization and lead tests for kids two months to 10 years old the first Fri of every month from 8:30 am-noon. At the South Portland Church of the Nazarene, 525 Highland Ave., So. Portland. By appointment only. 780-8624.

**Yoga Center** offers a number of classes for its winter session. At the Yoga Center, 137 Preble St., Portland. For more info, call 799-4449.

**Yoga Classes** offered by USM Lifeline. Three 10-week programs begin Jan 21, from 6:30-8 pm. At USM Sullivan Gym, Portland. Cost: \$50. For more info, call 780-4170.

**Yoga for Ordinary People** is an 8-week class for anyone feeling stiff, tired, overweight or stressed out. Begins Jan 17 at So. Portland Parks and Recreation, 21 Nelson Rd., So. Portland, from 10:15-11:15 am. Cost: \$35 per class. Pre-registration and pre-payment required. 676-7650.

## kids other

**Child Care Connections** holds public referral hours Mon-Fri from 10 am-1 pm, with free information about day-care centers, family child care homes, nursery schools and camps. 871-7449.

**Children's Museum of Maine** 142 Free St., Portland, offers exhibits, clubs and activities for kids of all ages. Weekly Fun: "Light and Camera Obscura," Wed and Fri at 11 am and 11:30 am, Sat at 2 pm and 2:30 pm. "On! Zones," fun-filled "make & take" projects, Wed-Sat 11 am-noon and 2-3 pm, Sun 2-3 pm. Pre-registration and additional fees required for some programs. Admission: \$4 (under 1 free), 828-1234.

**Developmental Screenings** Child Development Services of Cumberland County offers screenings and free evaluations for kids ages birth-5 who reside in Cumberland County. If you have concerns about your child's development, please call 874-8082.

**Dial-a-Story** South Portland Public Library offers recorded stories, folk tales and poems, anytime day or night. 767-8162.

**Family Night** Greater Portland YMCA holds a night of swim time, movies, games, food and contests every Tues from 6-8 pm. Cost: \$5 (YMCA members free). 874-1111.

**Fun Pass for Kids** The American Lung Association is selling the 1997 Kids Fun Pass, worth over \$1000 in fees and admissions at 100 entertainment and educational attractions throughout Maine and New England, including 8 downhill ski attractions. Cost: \$15. To order the Fun Pass, call 1-800-458-6472.

**Head Start** PRO's Cumberland County Head Start program is accepting applications for fall enrollment. For an application, stop by PRO, 510 Cumberland Ave., Portland, or call 874-1140 or 1-800-498-4959 ext 352.

**Kennebec Girl Scouts Council** offers girls ages five and up the opportunity to experience the wild outdoors and give back to their community. For information about the Girl Scouts' outdoor and community service programs, call 772-1177.

**Kids Activities** Portland Public Library's Reiche Branch holds special kids activities every Thurs. Story illustration from 2-4 pm; story time from 6:30-7:30 pm. All ages welcome. At Portland Public Library's Reiche Branch, 166 Brackett St., Portland. Hours: Wed 9 am-5 pm, Thurs noon-8 pm, Fri 9 am-noon. 774-6871.

**Kids First** USM's Muskie Institute offers a 4-hour workshop for divorcing parents to focus on kids' needs before, during and after divorce. Cost: \$45. Call for location and time. 780-5833.

**Maine Audubon Society Gilsland Farm Environmental Center** 118 U.S. Route 1, Falmouth. Preschool Discovery Time: "Buzzing Bees," stories and activities for preschool-aged kids, followed by a snack, Weds 10-11:30 am. Cost: \$5 (\$4 members) \$3 each additional child (\$2 members). Nature Book Discussion Group second Mon of the month from 7-8:30 pm. 781-2330.

**Maine Parents of Gifted/Talented Youth** publishes a monthly newsletter about gifted kids and their special academic needs, including a schedule of related events. 767-6121. **CNW**

## SPINNING CLASSES

HAVE BEGUN BUT THERE'S STILL TIME TO JOIN US!

TUES NIGHTS 7:30-8:30

LAYAWAY THAT NEW BIKE NOW! • BIKES BY: SCHWINN, GARY FISHER, NISHIKI, VOODOO  
X-COUNTRY SKI PACKAGES STARTING @ 169.00 • SKIS BY: ROSSIGNOL, TRAK, KARHU & ALPINA  
SNOW SHOES BY TUBBS!

COMING SOON: COMPUTRAINERS!

GORHAM BIKE AND SKI

1440 CONGRESS ST. • PORTLAND • 773-1700

"NEXT TO WESTGATE SHOPPING PLAZA"

## Need Energy?

Life can be exhausting. Try instant Spiru-Tein, the high-energy protein meal.

Every power packed, high-energy, low calorie shake delivers 100% of your essential daily vitamins, minerals and protein with no fat. It's available in 7 great tasting flavors!

Now 20% Off suggested retail (offer good through 1/31/98)

## Lois' Natural

Marketplace 885-0602

152 US Rt. One, Scarborough (In the Scarborough Marketplace) • OPEN 7 DAYS A WEEK

## Boston.sidewalk on the Zephyr Grill:

★★★★ "The meals - served in oversized white bowl-plates - are big enough to sate the truly famished. And the quality's high enough to please even Portland's picky eaters. The menu is wonderfully inventive, with entrées like marinated sirloin with a peppercorn crust served with a braised leek-and-horseradish sauce. Or crispy duck breast cooked up with seared cabbage, bok choy and scallions. The wine list is commendable, the service is professional and the surroundings

have the pleasantly mysterious feeling of a Far East speak-easy done up in ochre tones."

<http://boston.sidewalk.com>

## ZEPHYR GRILL

653 Congress Street

828-4033 • [visit us on sidewalk.com](http://sidewalk.com)

Sunday 9:30 a.m.-1:30 p.m. • Wednesday-Sunday 5-10 p.m.

In Portland's Arts District near Longfellow Square.

Free parking next door behind Joe's Smoke Shop.

Entrées \$9-\$17.







## MEN &amp; WOMEN

ATTENTION CBW SHOPPERS!!! Professional DWM, 33, with outgoing personality, romantic nature, no sports additions, Seinfeld, massage, computer, lazy sundays seeks S/D/F, 25-40, with unique SOH and passion for life. Call now- operators are standing by!! #5108

AUTO RACING, DRINKING, CAMPING and more if this sounds good to you call, my message will tell you much more. Looking for S/M/DWF, 25-32 yrs. Me DWM, 47 yrs Young, 5'10", 150#, SOH easy going and fun. #5089

AVAILABLE FOR THE NEW YEAR, 40, honest, sincere, believe in individuality, kind, polite, considerate, no nonsense, healthy soul/mind, handsome, N/S, S/D, SWPM, w/SOH, 5'7", 160#. Enjoy music, movies, dining out, hiking, dancing, sports (not obsessed), ISO same qualitate, race/gate not real important. #5050. Personal Advertiser #923, P.O. Box 1238, Portland, ME 04104.

BOSTON BY DAY, THE PORTS BY NIGHT! SWM financially broke, vg-looking, 39, 5'11", athletic build, seeking intelligent companions for adventurous sojourns, both country and urban as well as oceanic. #5109

DO YOU HAVE AN IMAGINATION? Are your dreams and fantasies important to you? Are you the type of woman who could make the come true, with the right partner in life? SWM, 38, tall, good-looking, is waiting for you. #4999

DVORAK, ELIZABETH BISHOP ETC. N.Y. Times crosswords, cross country skiing, Fore Street, Sonnie (Boston), Cafe Uffa! Financially secure, published writer, 37, seeks platonic muse. #5112. Personal Advertiser #924, P.O. Box 1238, Portland, ME 04104.

EASY GOING DWM, 39, 5'10", 170#, N/S-L/D, financially secure. Some of the things I enjoy are: Biking, motorcycles, avid hiking, camping, softball, basketball, beaches, movies, music, stock car racing, skating, X-C skiing and many many more. Sound interesting? #5055

GEEK-ETTE WANTED! Smart? Proportionate? Non-smoker? Glasses? Childless? 28-32 Average looks? Enjoy PBS, NPR, British comedies, cuddling, animals, honest conversation, music, sci-fi films? Lonely? Looking for LTR, eventually leading to marriage? Me too. No further questions. #5071.

IF YOU CAN UNDERSTAND ME, I CAN UNDERSTAND THE YOU. SWM, 20, 6', 140#, Blue eyes. Easy going, open & honest. Enjoys music, dancing & much more. Looking for SF, 19-25, open & honest for mutual, intimate relationship. #5170.

JUST BROWSING. It would be nice to meet a S/DWF, 35-47 who's active, attractive, romantic, self-caring with a SOH and not overbearing. This honest, hopeless romantic, enjoys canoeing, dancing, movies, tenting, and holding hands. Emotional availability a must. #5067.

LIFE'S A LEARNING JOURNEY. DWM, 6'1", 185#, B/B, exceptionally fit, handsome, secure, 49y.o. single parent, ready for new journey. ISO dynamic, slender, fit, youthful, cheerful, spiritual lady who enjoys life, children, swimming, hiking, rollerblading, music & good conversation. Children welcome. #5054.

LOOKING FOR A MATE IN 98! Attractive, athletic, DPM, 39, who enjoys the best pizza, chicken wings, and fine dining, needs a date in 98. My spare time is for running, movies, music, and the arts. Attractive, N/S, 30-40 with similar interests and energy need apply. #5175.

LOOKING FOR ONE CLASSY LADY. SWM, 30's, B/B, medium athletic build, 5'8", definitely a good catch for a SWPF between the ages of 32 & 38, avid reader, love instrumental music, portland activities, common sense kind of guy. Emotionally & financially stable. #5167.

LOOKING FOR ROMANCE. N/D, smoker, DWM, 30y.o., 6', 190#, seeks S/DWF, 25-40, N/D, for LTR. Children and smokers O.K. Marriage minded a plus. Please no games! Portland area preferred. #5017.

LOOKING IN ALL THE WRONG PLACES. SWM, blue collar, 33y.o., 5'9", Br/B, rider/polite, considerate, no nonsense, healthy soul/mind, handsome, N/S, S/D, SWPM, w/SOH, 5'7", 160#. Enjoy music, movies, dining out, hiking, dancing, sports (not obsessed), ISO same qualitate, race/gate not real important. #5050. Personal Advertiser #923, P.O. Box 1238, Portland, ME 04104.

MAGNETIC AND MYSTERIOUS, merry, mettled mammoth, modest, mellifluous, manly, mild-mannered, multifarious midcoast male, 49, might make magnificent match for marvelous maid, mink mistress might merit memorable magic massages! Monstrous, mendacious, mediocre, moth-eaten, miserable morbid misses must march! Matrimony maybe, miracle mate? #5135

MATURE, FREE SPIRIT WOMAN 50+, wanted by artist, 40y.o. Must be sexy, funny, busty & wordly. Like, jello baths, talking, lacy underwear, imported beers, dogs, swearing, food, philosophy, oil massages, laughing. No prisses! Laughing is life a must! #5099

NEVER MARRIED 40ish. Unaffiliated, educated, travelled, secure, unattached, no baggage. Recent but not new to Northern Maine. Seek N/S, 25-35. Bangor, P.I. talk or write first. #5111

NEW YEAR, NEW POSSIBILITIES. Multifaceted, articulate, athletic and artistic SWM, 44, hiding in Portland intelligent, sensual, attractive, trim, SF, 35-50 with good sense of humor and adventure, and easy-going nature for friendship or relationship. Love the Arts, hiking, canoeing, movies, reading, dining, dancing, traveling, picnics, classical music, stimulating conversation. Possess quick wit, easy smile, reliability, honesty and reasonable short-comings. Am more given than taker, more playful than serious and more affectionate than distant. Boredom never an issue. #5194.

OUTGOING DWM, 36, looking to meet attractive lady, age 27-32 for LTR. I enjoy sports, dining in and out, movies, home & family oriented. Children/family mother most welcome. Race is not an issue. Please respond if interested. #5052.

SCHOLARLY BOOK LOVER SEEKS SAME. SWPM, 32, 6'2", 240#, hazel/blonde. Enjoy literature, museums, music, bookstores, cafes, talking, reading, intimacy, cooking. Looking for stable, professional woman 25-35 to share life and love. I am caring, honest and sincere. Possible LTR. #5013

SEEKING A WOMAN FOR MY BIG BROTHER. He's a heart of gold & deserves someone who is going to treat him as they would want to be treated. Don't be shy, call! #5057.

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080

SEEKING SERIOUS COMPANIONSHIP. Creative, progressive & romantic SWPM, 38, 5'10", 150#, N/S. Enjoys nature, walks, camping, biking, snowshoeing, music, theatre, antiques, NPR, pottery, along with talking, sharing, exploring and quiet times. Seeking fit & active, confident N/S S/DWF with similar interests, to share life conversations, adventures and more. #5080



## Weekly Wellness Directory

**DRAGONFLY Taijiquan**  
(Tai Chi Chuan)  
**LARRY IRA LANDAU**  
967-5965  
Studios in Portland & Kennebunk  
call for brochure

**Therapeutic Massage**  
• Polarity Therapy  
• Reflexology  
• Bach Flower Remedies  
• Colon Hydro-Therapy  
**Cherie Howard CMT, NTS**  
781-2132

Interested to know more  
about the **Chinese Fortune-  
Telling** method?  
(Feng Shui & Face reading)  
By Ming Powers, a former  
Hong Kong policewoman. Send \$7  
for more information. P.O. Box 4293,  
Portland, ME 04101

**Therapeutic Massage**  
Karen Austen, M.A., M.S., L.M.T.  
Licensed Massage Therapist  
• 7 Days A Week, All Holidays  
• Same day appointments  
• Gift Certificates available  
• Regular Basis Discount  
• Swedish • Acupressure • Deep Muscle  
**Freeport...865-0672**

**Anne E. Knights O.B.T., C.M.T.**  
**Shiatsu / Acupressure / Swedish**  
Help Relieve: Stress, trauma, back  
pain, arthritis and anxiety.  
222 St. John St., Suite 318, Portland ME  
879-1710

**Mark Irving Anderson, L.A.D.C.**  
Licensed Alcohol & Drug Counselor, DEEP  
**Wanda Axelsen-Johnson, L.A.D.C., L.C.S.W.**  
Licensed Alcohol & Drug Counselor, DEEP  
Licensed Clinical Social Worker  
Solution Focused/Motivational/Brief  
535 Ocean Avenue  
Portland, Maine 04103  
774-2922 Wanda  
780-9556 Mark

**In Touch**  
Professional  
Massage  
Associates  
**Elizabeth Berka • Patricia Bennett**  
Members A.M.T.A.  
774-6876  
Stress Reduction Leads to Health Improvement

**Spiritual  
Counselor**  
**JOAN MURRAY**  
Live a fuller, more  
creative life.  
Explore deeper  
spiritual connections.  
773-0763

**CHRISTOPHER BEACH**  
**JUNGIAN ANALYST**  
Dipl. C.G. Jung Inst. - Zurich  
32 Pleasant St., Portland, ME 04101  
772-2779

**Carrie Peterson, L.C.P.C.**  
158 Danforth St.  
COUNSELING  
BY APPOINTMENT  
FMI: 773-6912  
INDIVIDUALS • COUPLES • GROUPS

**BARAKA**  
MIDDLE EASTERN  
DANCE  
FOR ALL AGES  
FOR CURRENT SCHEDULE  
828-6571

**YOGA**  
Winter Session  
New Classes  
Begin Soon!  
**THE YOGA CENTER**  
137 Preble St., Portland  
775-0975 or 788-4448

**Brian M. Davis, N.T.S., C.M.T.**  
Natural Therapeutic Specialist  
Certified Massage Therapist  
Holistic Health Education  
Massage Polarity Reflexology  
Movement Classes  
879-8934  
• Gift Certificates Year Round •

**Exceptional  
Voices**  
**SWEDENBORGIAN  
CHURCH**  
302 Stevens Ave., Portland  
Sun @ 10:30 Wed @ 6:00  
772-8277

**Holiday Special**  
**Charlie  
Gould**  
ASTROLOGER  
FREE 1 HOUR CONSULT WITH  
A \$25.00 COLOR CHART & REPORT  
874-1901

**Elliott Cherry**  
**Massage Therapy**  
• Swedish • Deep Tissue • Sotali •  
SYMPHONY OF PALMS™  
STRESS REDUCTION SYSTEM  
1/2 PRICE FOR NEW CLIENTS  
772-2442

**PSYCHOTHERAPY  
TRAUMA GROUP**  
For Male & Female  
Survivors of Sexual Abuse  
Presently seeking male participants  
Co-Led by Male &  
Female Psychologists  
Call for information or Confidential Interview  
**MERLE BRAGDON, PH.D.**  
772-1570  
**TOM NEGRON, PH.D.**  
772-1164  
INSURANCE REIMBURSABLE

**Individual, Family  
and Couples Therapy**  
► Anxiety, Depression, Substance Abuse  
► Relationship Problems, Sexual  
Dysfunction, Etc.  
► Creativity Blocks, Jungian Dream  
Interpretation  
Over 25 years of Experience  
All Insurance Plans Accepted  
Evening Hours Available —  
Sliding Scale  
Initial Consultation Free  
**Dr. Martin Margulis**  
Ph.D., Licensed Clinical Psychologist  
780-0500  
22 CUSHMAN ST. • PORTLAND

**\$25 OFF!**  
90-MIN MASSAGE  
PROFESSIONAL SWEDISH  
MASSAGE  
OVER 11 YEARS  
854-3071 Stephen

**WHOLEHEART  
YOGA**  
JOIN WINTER CLASSES!  
Kripalu Yoga • 871-8274

Practitioners dedicated to your health ...  
**Southern Maine Wellness Center**  
884 Broadway, South Portland, ME

**Acupuncture Works!**  
**Meret Bainbridge**  
Licensed Acupuncturist  
838-2413  
Acupuncture • Chinese Herbs  
Jin Shin Do® Bodymind Acupressure™  
Free Initial Consultation

**CranioSacral Therapy**  
Work with your  
Body's Inner Healer  
**Merril Grohman**  
UPLEADER INSTITUTE TRAINED  
767-1385

**Individual Counseling  
for Women**  
**Jane Prairie, LCSW.**  
774-8633  
Evening Appointments  
Insurance Reimbursable

**Individual, Couple, and  
Family Therapy**  
**Barbara Harding Loux, LCSW**  
772-6599  
Self Esteem • Sexual Abuse Issues  
Women's Issues • Family Change  
Substance Abuse Issues • Parenting

**Therapeutic Massage**  
Swedish • Sports • Neuromuscular  
**SHEILA MCKENZIE, RN**  
Certified Massage Therapist  
767-7543

**Counseling &  
Psychotherapy**  
**Liane Hamrick, Ph.D.**  
LICENSED PSYCHOLOGIST  
1-800-743-5137  
Individual • Group • Family  
Relationship

**PORTLAND WORKSHOP**  
JAN 17  
BODY READING  
& INDIVIDUAL  
THERAPY  
616 Congress Street  
797-5684

**AFRICAN DANCE  
CLASS**  
Fri., Jan 23rd  
6:00 - 7:30 \$12.00  
**Casco Bay Movers**  
871-1013

## LESBIAN INTIMACY SKILLS THERAPY GROUP

A 16 week intimacy skills therapy group is forming to assist women in identifying and applying new skills in their friendships and significant relationships. The group is designed to assist women in learning new ways of relating interpersonally, dealing with past relationship difficulties and learning healthy ways to enhance partnerships and friendships.

The group will be held Thursday evenings from 6:30-8:00 p.m. and an initial interview is required for entry into the group.

The group will start on January 29th. Please call to arrange an interview.

For more information contact: The Intown Counseling Center

PHONE: 761-9096

Individual, couples and family therapy also available.

If you are thinking about self-improvement, try any one of the various health practitioners found in the Casco Bay Weekly's Wellness Directory. If keeping your business healthy is your intent, then advertise in the Weekly Wellness Directory. Call 775-1234.

**Mark Irving Anderson, L.A.D.C.**  
Licensed Alcohol & Drug Counselor, DEEP  
**Wanda Axelsen-Johnson, L.A.D.C., L.C.S.W.**  
Licensed Alcohol & Drug Counselor, DEEP  
Licensed Clinical Social Worker  
Solution Focused/Motivational/Brief  
535 Ocean Avenue  
Portland, Maine 04103  
774-2922 Wanda  
780-9556 Mark

**In Touch**  
Professional  
Massage  
Associates  
**Elizabeth Berka • Patricia Bennett**  
Members A.M.T.A.  
774-6876  
Stress Reduction Leads to Health Improvement

**Spiritual  
Counselor**  
**JOAN MURRAY**  
Live a fuller, more  
creative life.  
Explore deeper  
spiritual connections.  
773-0763

**CHRISTOPHER BEACH**  
**JUNGIAN ANALYST**  
Dipl. C.G. Jung Inst. - Zurich  
32 Pleasant St., Portland, ME 04101  
772-2779

**Carrie Peterson, L.C.P.C.**  
158 Danforth St.  
COUNSELING  
BY APPOINTMENT  
FMI: 773-6912  
INDIVIDUALS • COUPLES • GROUPS

**BARAKA**  
MIDDLE EASTERN  
DANCE  
FOR ALL AGES  
FOR CURRENT SCHEDULE  
828-6571

**YOGA**  
Winter Session  
New Classes  
Begin Soon!  
**THE YOGA CENTER**  
137 Preble St., Portland  
775-0975 or 788-4448

**Brian M. Davis, N.T.S., C.M.T.**  
Natural Therapeutic Specialist  
Certified Massage Therapist  
Holistic Health Education  
Massage Polarity Reflexology  
Movement Classes  
879-8934  
• Gift Certificates Year Round •

**Exceptional  
Voices**  
**SWEDENBORGIAN  
CHURCH**  
302 Stevens Ave., Portland  
Sun @ 10:30 Wed @ 6:00  
772-8277

**Holiday Special**  
**Charlie  
Gould**  
ASTROLOGER  
FREE 1 HOUR CONSULT WITH  
A \$25.00 COLOR CHART & REPORT  
874-1901

**Elliott Cherry**  
**Massage Therapy**  
• Swedish • Deep Tissue • Sotali •  
SYMPHONY OF PALMS™  
STRESS REDUCTION SYSTEM  
1/2 PRICE FOR NEW CLIENTS  
772-2442

**PSYCHOTHERAPY  
TRAUMA GROUP**  
For Male & Female  
Survivors of Sexual Abuse  
Presently seeking male participants  
Co-Led by Male &  
Female Psychologists  
Call for information or Confidential Interview  
**MERLE BRAGDON, PH.D.**  
772-1570  
**TOM NEGRON, PH.D.**  
772-1164  
INSURANCE REIMBURSABLE

**Individual, Family  
and Couples Therapy**  
► Anxiety, Depression, Substance Abuse  
► Relationship Problems, Sexual  
Dysfunction, Etc.  
► Creativity Blocks, Jungian Dream  
Interpretation  
Over 25 years of Experience  
All Insurance Plans Accepted  
Evening Hours Available —  
Sliding Scale  
Initial Consultation Free  
**Dr. Martin Margulis**  
Ph.D., Licensed Clinical Psychologist  
780-0500  
22 CUSHMAN ST. • PORTLAND

**\$25 OFF!**  
90-MIN MASSAGE  
PROFESSIONAL SWEDISH  
MASSAGE  
OVER 11 YEARS  
854-3071 Stephen

**WHOLEHEART  
YOGA**  
JOIN WINTER CLASSES!  
Kripalu Yoga • 871-8274

Practitioners dedicated to your health ...  
**Southern Maine Wellness Center**  
884 Broadway, South Portland, ME

**Acupuncture Works!**  
**Meret Bainbridge**  
Licensed Acupuncturist  
838-2413  
Acupuncture • Chinese Herbs  
Jin Shin Do® Bodymind Acupressure™  
Free Initial Consultation

**CranioSacral Therapy**  
Work with your  
Body's Inner Healer  
**Merril Grohman**  
UPLEADER INSTITUTE TRAINED  
767-1385

**Individual Counseling  
for Women**  
**Jane Prairie, LCSW.**  
774-8633  
Evening Appointments  
Insurance Reimbursable

**Individual, Couple, and  
Family Therapy**  
**Barbara Harding Loux, LCSW**  
772-6599  
Self Esteem • Sexual Abuse Issues  
Women's Issues • Family Change  
Substance Abuse Issues • Parenting

**Therapeutic Massage**  
Swedish • Sports • Neuromuscular  
**SHEILA MCKENZIE, RN**  
Certified Massage Therapist  
767-7543

**Counseling &  
Psychotherapy**  
**Liane Hamrick, Ph.D.**  
LICENSED PSYCHOLOGIST  
1-800-743-5137  
Individual • Group • Family  
Relationship

**PORTLAND WORKSHOP**  
JAN 17  
BODY READING  
& INDIVIDUAL  
THERAPY  
616 Congress Street  
797-5684

**AFRICAN DANCE  
CLASS**  
Fri., Jan 23rd  
6:00 - 7:30 \$12.00  
**Casco Bay Movers**  
871-1013

## LESBIAN INTIMACY SKILLS THERAPY GROUP

A 16 week intimacy skills therapy group is forming to assist women in identifying and applying new skills in their friendships and significant relationships. The group is designed to assist women in learning new ways of relating interpersonally, dealing with past relationship difficulties and learning healthy ways to enhance partnerships and friendships.

The group will be held Thursday evenings from 6:30-8:00 p.m. and an initial interview is required for entry into the group.

The group will start on January 29th. Please call to arrange an interview.

For more information contact: The Intown Counseling Center

PHONE: 761-9096

Individual, couples and family therapy also available.

**Mark Irving Anderson, L.A.D.C.**  
Licensed Alcohol & Drug Counselor, DEEP  
**Wanda Axelsen-Johnson, L.A.D.C., L.C.S.W.**  
Licensed Alcohol & Drug Counselor, DEEP  
Licensed Clinical Social Worker  
Solution Focused/Motivational/Brief  
535 Ocean Avenue  
Portland, Maine 04103  
774-2922 Wanda  
780-9556 Mark

**In Touch**  
Professional  
Massage  
Associates  
**Elizabeth Berka • Patricia Bennett**  
Members A.M.T.A.  
774-6876  
Stress Reduction Leads to Health Improvement

**Spiritual  
Counselor**  
**JOAN MURRAY**  
Live a fuller, more  
creative life.  
Explore deeper  
spiritual connections.  
773-0763

**CHRISTOPHER BEACH**  
**JUNGIAN ANALYST**  
Dipl. C.G. Jung Inst. - Zurich  
32 Pleasant St., Portland, ME 04101  
772-2779

**Carrie Peterson, L.C.P.C.**  
158 Danforth St.  
COUNSELING  
BY APPOINTMENT  
FMI: 773-6912  
INDIVIDUALS • COUPLES • GROUPS

**BARAKA**  
MIDDLE EASTERN  
DANCE  
FOR ALL AGES  
FOR CURRENT SCHEDULE  
828-6571

**YOGA**  
Winter Session  
New Classes  
Begin Soon!  
**THE YOGA CENTER**  
137 Preble St., Portland  
775-0975 or 788-4448

**Brian M. Davis, N.T.S., C.M.T.**  
Natural Therapeutic Specialist  
Certified Massage Therapist  
Holistic Health Education  
Massage Polarity Reflexology  
Movement Classes  
879-8934  
• Gift Certificates Year Round •

**Exceptional  
Voices**  
**SWEDENBORGIAN  
CHURCH**  
302 Stevens Ave., Portland  
Sun @ 10:30 Wed @ 6:00  
772-8277

**Holiday Special**  
**Charlie  
Gould**  
ASTROLOGER  
FREE 1 HOUR CONSULT WITH  
A \$25.00 COLOR CHART & REPORT  
874-1901

**Elliott Cherry**  
**Massage Therapy**  
• Swedish • Deep Tissue • Sotali •  
SYMPHONY OF PALMS™  
STRESS REDUCTION SYSTEM  
1/2 PRICE FOR NEW CLIENTS  
772-2442

**PSYCHOTHERAPY  
TRAUMA GROUP**  
For Male & Female  
Survivors of Sexual Abuse  
Presently seeking male participants  
Co-Led by Male &  
Female Psychologists  
Call for information or Confidential Interview  
**MERLE BRAGDON, PH.D.**  
772-1570  
**TOM NEGRON, PH.D.**  
772-1164  
INSURANCE REIMBURSABLE

**Individual, Family  
and Couples Therapy**  
► Anxiety, Depression, Substance Abuse  
► Relationship Problems, Sexual  
Dysfunction, Etc.  
► Creativity Blocks, Jungian Dream  
Interpretation  
Over 25 years of Experience  
All Insurance Plans Accepted  
Evening Hours Available —  
Sliding Scale  
Initial Consultation Free  
**Dr. Martin Margulis**  
Ph.D., Licensed Clinical Psychologist  
780-0500  
22 CUSHMAN ST. • PORTLAND

**\$25 OFF!**  
90-MIN MASSAGE  
PROFESSIONAL SWEDISH  
MASSAGE  
OVER 11 YEARS  
854-3071 Stephen

**WHOLEHEART  
YOGA**  
JOIN WINTER CLASSES!  
Kripalu Yoga • 871-8274

Practitioners dedicated to your health ...  
**Southern Maine Wellness Center**  
884 Broadway, South Portland, ME

**Acupuncture Works!**  
**Meret Bainbridge**  
Licensed Acupuncturist  
838-2413  
Acupuncture • Chinese Herbs  
Jin Shin Do® Bodymind Acupressure™  
Free Initial Consultation

**CranioSacral Therapy**  
Work with your  
Body's Inner Healer  
**Merril Grohman**  
UPLEADER INSTITUTE TRAINED  
767-1385

**Individual Counseling  
for Women**  
**Jane Prairie, LCSW.**  
774-8633  
Evening Appointments  
Insurance Reimbursable

**Individual, Couple, and  
Family Therapy**  
**Barbara Harding Loux, LCSW**  
772-6599  
Self Esteem • Sexual Abuse Issues  
Women's Issues • Family Change  
Substance Abuse Issues • Parenting

**Therapeutic Massage**  
Swedish • Sports • Neuromuscular  
**SHEILA MCKENZIE, RN**  
Certified Massage Therapist  
767-7543

**Counseling &  
Psychotherapy**  
**Liane Hamrick, Ph.D.**  
LICENSED PSYCHOLOGIST  
1-800-743-5137  
Individual • Group • Family  
Relationship

**PORTLAND WORKSHOP**  
JAN 17  
BODY READING  
& INDIVIDUAL  
THERAPY  
616 Congress Street  
797-5684

**AFRICAN DANCE  
CLASS**  
Fri., Jan 23rd  
6:00 - 7:30 \$12.00  
**Casco Bay Movers**  
871-1013

## LESBIAN INTIMACY SKILLS THERAPY GROUP

A 16 week intimacy skills therapy group is forming to assist women in identifying and applying new skills in their friendships and significant relationships. The group is designed to assist women in learning new ways of relating interpersonally, dealing with past relationship difficulties and learning healthy ways to enhance partnerships and friendships.

The group will be held Thursday evenings from 6:30-8:00 p.m. and an initial interview is required for entry into the group.

The group will start on January 29th. Please call to arrange an interview.

For more information contact: The Intown Counseling Center

PHONE: 761-9096

Individual, couples and family therapy also available.

**Mark Irving Anderson, L.A.D.C.**  
Licensed Alcohol & Drug Counselor, DEEP  
**Wanda Axelsen-Johnson, L.A.D.C., L.C.S.W.**  
Licensed Alcohol & Drug Counselor, DEEP  
Licensed Clinical Social Worker  
Solution Focused/Motivational/Brief  
535 Ocean Avenue  
Portland, Maine 04103  
774-2922 Wanda  
780-9556 Mark

**In Touch**  
Professional  
Massage  
Associates  
**Elizabeth Berka • Patricia Bennett**  
Members A.M.T.A.  
774-6876  
Stress Reduction Leads to Health Improvement

**Spiritual  
Counselor**  
**JOAN MURRAY**  
Live a fuller, more  
creative life.  
Explore deeper  
spiritual connections.  
773-0763

**CHRISTOPHER BEACH**  
**JUNGIAN ANALYST**  
Dipl. C.G. Jung Inst. - Zurich  
32 Pleasant St., Portland, ME 04101  
772-2779

**Carrie Peterson, L.C.P.C.**  
158 Danforth St.  
COUNSELING  
BY APPOINTMENT  
FMI: 773-6912  
INDIVIDUALS • COUPLES • GROUPS

**BARAKA**  
MIDDLE EASTERN  
DANCE  
FOR ALL AGES  
FOR CURRENT SCHEDULE  
828-6571

**YOGA**  
Winter Session  
New Classes  
Begin Soon!  
**THE YOGA CENTER**  
137 Preble St., Portland  
775-0975 or 788-4448

**Brian M. Davis, N.T.S., C.M.T.**  
Natural Therapeutic Specialist  
Certified Massage Therapist  
Holistic Health Education  
Massage Polarity Reflexology  
Movement Classes  
879-8934  
• Gift Certificates Year Round •

**Exceptional  
Voices**  
**SWEDENBORGIAN  
CHURCH**  
302 Stevens Ave., Portland  
Sun @ 10:30 Wed @ 6:00  
772-8277

**Holiday Special**  
**Charlie  
Gould**  
ASTROLOGER  
FREE 1 HOUR CONSULT WITH  
A \$25.00 COLOR CHART & REPORT  
874-1901

**Elliott Cherry**  
**Massage Therapy**  
• Swedish • Deep Tissue • Sotali •  
SYMPHONY OF PALMS™  
STRESS REDUCTION SYSTEM  
1/2 PRICE FOR NEW CLIENTS  
772-2442

**PSYCHOTHERAPY  
TRAUMA GROUP**  
For Male & Female  
Survivors of Sexual Abuse  
Presently seeking male participants  
Co-Led by Male &  
Female Psychologists  
Call for information or Confidential Interview  
**MERLE BRAGDON, PH.D.**  
772-1570  
**TOM NEGRON, PH.D.**  
772-1164  
INSURANCE REIMBURSABLE

**Individual, Family  
and Couples Therapy**  
► Anxiety, Depression, Substance Abuse  
► Relationship Problems, Sexual  
Dysfunction, Etc.  
► Creativity Blocks, Jungian Dream  
Interpretation  
Over 25 years of Experience  
All Insurance Plans Accepted  
Evening Hours Available —  
Sliding Scale  
Initial Consultation Free  
**Dr. Martin Margulis**  
Ph.D., Licensed Clinical Psychologist  
780-0500  
22 CUSHMAN ST. • PORTLAND

**\$25 OFF!**  
90-MIN MASSAGE  
PROFESSIONAL SWEDISH  
MASSAGE  
OVER 11 YEARS  
854-3071 Stephen

**WHOLEHEART  
YOGA**  
JOIN WINTER CLASSES!  
Kripalu Yoga • 871-8274

Practitioners dedicated to your health ...  
**Southern Maine Wellness Center**  
884 Broadway, South Portland, ME

**Acupuncture Works!**  
**Meret Bainbridge**  
Licensed Acupuncturist  
838-2413  
Acupuncture • Chinese Herbs  
Jin Shin Do® Bodymind Acupressure™  
Free Initial Consultation

**CranioSacral Therapy**  
Work with your  
Body's Inner Healer  
**Merril Grohman**  
UPLEADER INSTITUTE TRAINED  
767-1385

**Individual Counseling  
for Women**  
**Jane Prairie, LCSW.**  
774-8633  
Evening Appointments  
Insurance Reimbursable

**Individual, Couple, and  
Family Therapy**  
**Barbara Harding Loux, LCSW**  
772-6599  
Self Esteem • Sexual Abuse Issues  
Women's Issues • Family Change  
Substance Abuse Issues • Parenting

**Therapeutic Massage**  
Swedish • Sports • Neuromuscular  
**SHEILA MCKENZIE, RN**  
Certified Massage Therapist  
767-7543

**Counseling &  
Psychotherapy**  
**Liane Hamrick, Ph.D.**  
LICENSED PSYCHOLOGIST  
1-800-743-5137  
Individual • Group • Family  
Relationship

**PORTLAND WORKSHOP**  
JAN 17  
BODY READING  
& INDIVIDUAL  
THERAPY  
616 Congress Street  
797-5684

**AFRICAN DANCE  
CLASS**  
Fri., Jan 23rd  
6:00 - 7:30 \$12.00  
**Casco Bay Movers**  
871-1013

## LESBIAN INTIMACY SKILLS THERAPY GROUP

A 16 week intimacy skills therapy group is forming to assist women in identifying and applying new skills in their friendships and significant relationships. The group is designed to assist women in learning new ways of relating interpersonally, dealing with past relationship difficulties and learning healthy ways to enhance partnerships and friendships.

The group will be held Thursday evenings from 6:30-8:00 p.m. and an initial interview is required for entry into the group.

The group will start on January 29th. Please call to arrange an interview.

For more information contact: The Intown Counseling Center

PHONE: 761-9096

Individual, couples and family therapy also available.

**Mark Irving Anderson, L.A.D.C.**  
Licensed Alcohol & Drug Counselor, DEEP  
**Wanda Axelsen-Johnson, L.A.D.C., L.C.S.W.**  
Licensed Alcohol & Drug Counselor, DEEP  
Licensed Clinical Social Worker



## HELP WANTED

## RETAIL - MANAGEMENT POSITIONS

Green Mountain Coffee Roasters is looking for applicants who have a passion for coffee and excellent customer service as well as previous management experience to interview for Management positions in our Portland and South Portland specialty coffee shops. We seek enthusiastic, self-motivated team players who want to be part of a growing company. If you enjoy working in a fast-paced environment, have several years of retail food/beverage experience, are experienced in overseeing sales growth, employee relations, controllable costs and profit margins — let us hear from you. These full-time positions include a comprehensive benefit package. Send resume, including salary requirements, to: GMCRC, 33 Coffee Lane, Waterbury, VT 05476 or FAX to (802) 244-6370. EOE

## BUSINESS OPPORTUNITIES

Health is wealth! Looking for nurses with a heart to help people. Work from home, have fun and financial freedom. Will train for success. 1-888-888WELL.

HOW TO EARN \$1500 on someone else's money! Send \$5 and LSASE to: R Spire, 204 Lewis St. Edgerton, Mo. 64444.

LOCAL CANDY ROUTE, 30 Vending machines. Earn approx. \$800/day. All for \$9,995. 1-800-998-VEND.

MAKE ALL THE MONEY YOU EVER WANTED! No hassling! No training! No selling! Call 800-812-2141.

## BODY &amp; SOUL

## LESBIAN INTIMACY SKILLS THERAPY GROUP

A 16 week intimacy skills therapy group is forming to assist women in identifying and applying new skills in their friendships and significant relationships. The group is designed to assist women in learning new ways of relating interpersonally, dealing with past relationship difficulties and learning healthy ways to enhance partnerships and friendships.

The group will be held Thursday evenings from 6:30-8:00 p.m. and an initial interview is required for entry into the group.

The group will start on January 29th. Please call to arrange an interview.

For more information contact: The Intown Counseling Center

PHONE: 761-9096

Individual, couples and family therapy also available.

Frederica Chapman, M.S.



Sound works  
for the soul  
828-1200

**Solution focused individual and group Workshops for personal growth (sliding fee scale) Polly Bennell, M.F.A. Certificate of advanced graduate study in family therapy, Registered Drug/Alcohol Counselor 774-0784**

Workshops begin Feb. 3rd:  
"Get ready to Stop Smoking"  
"Women Alone: Solving in the 90's"  
"Self As Spirit - Unblocking Creativity"

EARTH, AIR, FIRE, WATER, Swedenborgian Church, 302 Stevens, 772-8777, Sunday 10:30am, Wednesday 6:00pm.

**CBW Classifieds work... Call 775-1234 to place your ad.**

## ROOMMATES

BACK COVE, NS FEMALE to share 2 bedroom apartment in 2 family house. Bright, sunny bay views, attic storage. \$304/mo. + 1/2 utilities. Please leave message. 774-3014.

GM HAS FURNISHED HOUSE IN SOUTH PORTLAND, seeking 2 GM's between 25yo. & 46yo. to share home. Off street parking, washer/dryer included, utilities included. Smoking O.K. No pets as owner has two cats who are animal intolerant. \$65/wk. per room with use of all facilities. Call 773-4648, ask for Bob.

GM ROOMMATE WANTED for 3BR apartment. Quiet neighborhood, off-street parking, spacious. \$230/mo. plus heat. Call 772-5997, leave message.

GM seeking same to share two-bedroom Parkside condo. \$500/mo. (inc. heat and hot water) plus utilities. 874-0488. Leave message.

INDEPENDENT AND RESPONSIBLE person for great house near Willard Square. \$400/mo. + 1/2 utilities. 767-4785.

DOB: NS ROOMMATE NEEDED for 3BR, 2 1/2 bath condo. Huge, beautiful, many closets, plenty of parking, WD, DW, jacuzzi. \$325/mo. + 1/2 utls. Available now! 934-2975.

PORTLAND: Looking for female smoker or non-smoker to share 2 bedroom home in Back Cove area for \$350/month. 828-0760.

PORTLAND: Responsible roommate to share spacious 2 bedroom apartment. \$625/mo. + 1/2 utilities, references. 259 Woodford St. Portland 773-6096.

PORTLAND: WD, parking, DVD, spacious harbour views. Young professional roommate. \$350 + utilities. Call 800-6775.

SACO: NS Housemate to share 3 bedroom 3 bath house on the beach. No pets, WD, easy access to the tumpike. \$333/month + 1/2. Call 934-7305.

Share home with couple near Highland Lake in Windham. Vegetarian evening meal provided. NS, available Feb. 1st, \$325/month. Call 892-8391.

WEST FALMOUTH, NS roommate needed for new super efficient 3BR house in country. Big yard, pool, WD. \$350/mo. + 1/2. 878-3522.

WOODBORO: Two comfy women + cat seek NS woman to share huge apartment with hardwood floors, woodstove, WD and garden. \$240 + 1/2. 879-9936.

## APTS/RENT

MAINE MED.: Studio, 1 & 2BR, apartments, H/W, oak floors, new kitchens & bath, nicely redecorated. \$365-\$600/mo. 773-1814.

PORTLAND: FOREST AVE. large sunny 2 bedroom apt, hardwood floors, full kitchen, working fireplace, gas heat/hot water/cook, first floor avail. February 1. \$650. 760-6280.

STATE STREET - NEAR MERCY HOSPITAL, 182BR. in 3 buildings. A Victorian building with water view of harbor. A Federal period building with high ceilings and large rooms. All redecorated, bright rooms, oak floors, H/W, start at \$550/mo. 773-1814.

## ART STUDIOS/RENT

ART STUDIOS AVAILABLE. In the heart of downtown, near the Maine College of Art, reasonable rates, call Peter or Cathy: DIRIGO MGMT. 871-1080.

## REAL ESTATE

Get a jump on the spring market! Whether your interests lie in homes with history or new construction. Call the award winning agents! Free opinion of value. Andrew and Linda Griffin Century 21 First Realty 892-8555 ext. 3005

1,000'S OF FORECLOSED GOVERNMENT HOMES. VA/HUD, F.H.A., etc. Financing available. Toll free 800-974-2396, ext. 2095.

HOMEOWNERS, NEED CASH? CREDIT problems, self-employed, even bankruptcies. Fast approvals, no application fees, personal service. GOOD PEOPLE HAVE HARD TIMES TOO! Toll free 1-888-383-6168.

## LAND FOR SALE

COLORADO ACREAGE ON SPARKLING Trout Fishing Stream. \$9,500! Good fishing. Beautiful Scenery. Privacy. Good Road Access. \$500 down. Terms. BILL - CENTURY 21. (719) 589-5121 or (719) 274-3233.

## Looking Good

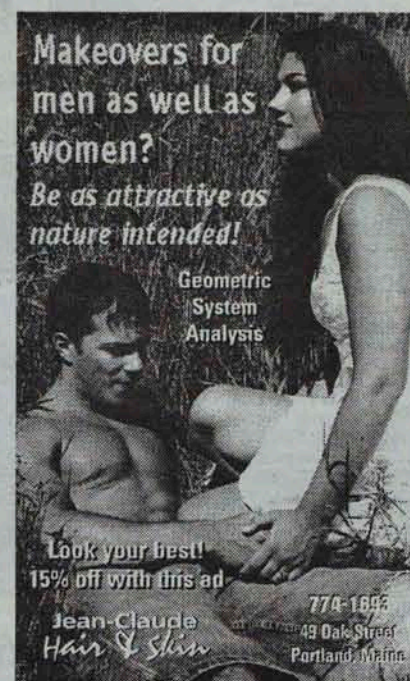
## TIRED OF ALWAYS FEELING TIRED?

What you need is faster metabolism.

• 100% Natural • Decreased appetite • Dr. recommended • Increased energy

30 Day Money Back Guarantee

Call (207) 693-4580  
1-800-296-0439 (voice mail)



## NEW YEAR - NEW YOU

Revitalize your life with a "Look Good, Feel Good" weight management program

Just Call: 1-800-337-6275

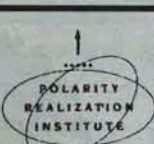
## Dental Assisting

Learn dental theory and terminology, radiology, four handed dental assisting, and sterilization techniques. Your career opportunities are excellent after completing this hands-on training program. Admission is open to anyone with a high school education. Licensed by the State of Maine Department of Education.

8am-5pm Saturday only, February 21 - April 25, 1998.

DENTAL CAREERS INSTITUTE

Dino G. Stavros, D.M.D., Director of Education  
Portland, Maine  
207-761-5525 or 773-5417



Established 1980  
Ipswich, Massachusetts

508 356 0980  
Portland, Maine  
207 828 8622

Plenty of  
Free Parking

## Learn the Healing Art of the Future

Professional-Level Polarity Therapy Training

• Certification Programs Designed for Busy People

• 160- and 65-Hour Courses

• Evening and Weekend Schedules



## GET IN TOUCH...

COME TO THE ONLY COMTAA-ACCREDITED PROGRAM IN MAINE!!!

• Flexible schedules for even the busiest  
• Versatility of programs to enhance skills!  
• Large, diverse faculty for greater instruction!  
• Payment programs for flexible financing!  
• Spacious facilities for more elbow room!

Accepting applications now for the January course!!  
PO Box 24, 99 Moose Meadow Ln, Waldoboro, ME 04572

## MOBILE HOMES

5 BEDROOMS - BUILT by Castle. Over 2,000 sq. ft. with fireplace, whirlpool, dishwasher, padle fans, skylights patio door, stove, refrigerator, carpeting, drapes all windows 2 full and 1 1/2 baths. Living, family, dining and utility rooms too. \$59,000. And worth \$200,000 more. Daily 9-4-Sunday 10-5. CAMELOT HOME CENTER, RT3 (exit 20 off RT93), Tilton, NH / 202, Auburn, ME, also, RT 18 North, Littleton, NH RT. 1A Holden ME.

## FITNESS

SHAPE YOUR WEIGHT! SENSIBLE SOLUTIONS FOR weight management. A guide to find your shape. not someone else's! You'd be surprised how inexpensive health & fitness can be! 1-800-491-1917. WANTED 10 OVERWEIGHT PEOPLE NEEDED to loose weight and/or earn extra income. Holiday special, free samples, call today! (207) 622-1308.

## BUSINESS SERVICES

Come in and visit our retail store

ASK ABOUT OUR 99¢ MUG SPECIAL

Custom Screenprinting and Embroidery

WE PRINT ON EVERYTHING!

CHAIN SAW REPAIR SPECIAL!!! Pick-up and delivery included. The Equipment Doctor, 878-9168.

DON'T WAIT TILL IT SNOWS!! Get your snowblowers tuned up now! THE EQUIPMENT DOCTOR will make house calls. Best rates anywhere. Free pick-up and delivery. CALL NOW 878-9168.

FOR SERVICE PROFESSIONALS you can trust to do quality work, don't forget to look in the BUSINESS SERVICES DIRECTORY every week!

HOUSE CLEANING PAR EXCELLENCE. Efficient, reliable, reasonable rates. 12 years experience. References. Free estimates. 207-741-2010.

HOUSE CLEANING: Portland and the surrounding areas. Excellent references, free estimates. 892-1590 or 893-2980.

NEED CASH NOW? Colonial Financial Buys Mortgages, Annuities and Business Notes. Free Estimates. 800-969-1200, ext. 33.

NEED CASH? HIGHEST PRICES PAID FOR Seller-held mortgages, Lottery Payments, Structured Settlements. 1-800-TS-CASH (1-877-2274). Woodbridge Sterling Capital. www.woodbridgesterling.com.

WIFE OUT DEBT without bankruptcy send \$3 and LSASE to: R Spire 204 Lewis St. Edgerton, Mo. 64444.

ARE YOU RECEIVING PAYMENTS ON Property You Have Sold, Annuities, Inheritance, Structured Settlements? Get CASH NOW! 800-872-5686.

\$10,000 CREDIT CARDS GUARANTEED! Bad credit, Bankruptcy (OK), M.C., & others Pre-approved (1-704-561-2208) 7 days, 24 hours.

GET A COLLEGE DEGREE IN 27 DAYS! BS/MS/MBA/PHD, ETC. Including graduation ring, transcript, diploma. Yes it is real/legal, guaranteed and accredited Columbia State University. 1-800-689-8647. 24hrs.

HIGH SCHOOL DIPLOMA AT HOME. Accredited Member of Christian Schools International. FREE Brochure. 1-800-470-4723, Miami, Fla.

LEARN THERAPEUTIC MASSAGE OR POLARITY THERAPY. Professional Level Trainings. Polarity Realization Institute. Portland. 1-800-497-2908.

Paralegal Training Program by BLACKSTONE SCHOOL OF LAW. Approved, Affordable Home Study since 1890. Free Catalog 800-826-9228 or write: P.O.Box 701449 (NA) Dallas TX 75370.

Reliable HOUSE CLEANING. "NATURE-FRIENDLY" 799-9088

The Equipment Doctor Small Engine Repair

A HEALTH CARE PLAN FOR YOUR SMALL ENGINES

ON SITE REPAIR & TUNE UPS

TOO SICK TO MOVE? DON'T PANIC, I'LL BRING IT BACK TO THE "HOSPITAL"

SNOW BLOWERS & CHAINSAWS... ON SPECIAL NOW!

CALL TODAY! CALL TODAY! CALL TODAY! (207) 878-9168

PICK-UP & DELIVERY

David A. Dobson Old-Fashioned Handyman Variety Specialist Creative repairs at common sense prices 829-5411

G.A. Tufts Moving Services Local or Long Distance • PROFESSIONAL • DEPENDABLE • COURTEOUS • 797-3964 anytime

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A new local janitorial cleaning service that has you in mind! HERT ASSURED-WE'RE INSURED AND BONDED 856-6251 phone 856-6319 fax The First Cleaning Agency

TUCKER'S Trucking & Moving Professional Furniture Moving • Rubbish Removal • Demolition • Burying Antiques & Furnitures TERRY TUCKER 755 Congress Street, Portland, Maine 04101 (207) 761-0193

MAC Help Personal Guidance for MacOS Selecting • Buying • Installing Training • Internet • e-Mail • Problems also Flyers • Brochures • Web Pages Design • Photographic Restoration Philip Levine 879-0407

Tommy T's House Cleaning Par Excellence Miriam Otis Allen 1106 Highland Ave. S. Portland, ME 04106 207-741-2010

NASTY NEAT COMPULSIVE CLEANING... and other life support services If you've ever cleaned up for the cleaning people... or worse, cleaned up after them... You need me in your life. Katherine Clark • 772-8784 residential • commercial

Jaz's Cleaning Service QUALITY CLEANING IN ALL KINDS OF PLACES. EXCELLENT REFERENCES. Jaspens Towle • 828-8092

A&A Property Services General Contracting & Maintenance Remodeling, bathrooms, kitchens, finished basements, roofing, decks, additions, interior and exterior painting, vinyl siding, complete mobil home set-up and service. No job too big or small. Prompt, reliable service, insured. Al Merola Call 871-0093

Dependable Cleaning Service A







# "From our family to yours, Thanks!"



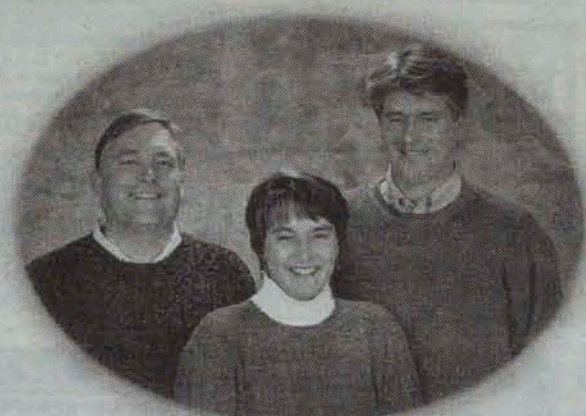
*A New Year's message from the Bennett family at Oakhurst Dairy*

**W**e're proud to be Maine's only major family-owned dairy. As the third generation, we owe a lot of our success to the high standards of quality our parents and grandparents established.

But we dedicate this New Year's message to all the others who help us bring you "the natural goodness of Maine":

- First, to our Maine dairy farmers, who maintained the top rating of any milk supply in the region.
- Next, our fellow employees at the plant, who once again garnered Oakhurst a perfect score of 100 from the U.S. Government.
- We also salute our route drivers, who safely deliver Oakhurst products fresh to nearly 2,000 accounts from Kittery to Fort Kent, and throughout New Hampshire.
- Finally, the grocers who keep Oakhurst Milk, Orange Juice and more so cold and fresh.

Next time you enjoy a glass of Oakhurst, raise a toast to them. In return, they join us in making this promise to you: to keep delivering the freshest taste in your dairy case for years to come.



*Stanley T. Bennett William P. Bennett  
Arthur S. Allen*



DAIRY

The natural goodness of Maine  
[www.oakhurstdairy.com](http://www.oakhurstdairy.com)



*P.S. Watch for the new name on our best seller: Oakhurst 1 1/2% Lowfat Milk is now called "Oakhurst 1 1/2% Light Milk". Same fresh taste, still 98.5% fat-free; the only thing that's changed is the name.*